

1982

DETROIT LIONS

DEFENSE

MONDAY		TUESDAY		WEDNESDAY, JULY 21	
PM		1983		PLAYERS CHECK IN 11:30-2 P.M. BRUNCH AT HILL HOUSE	
EVENING				6:00 DINNER - 1ST GROUP CHECK IN 7:00 LIONS PLAYBOOK - GEN. INFO HAND OUT MATERIAL INDIV. COACHES COVER RELATIONSHIP-GOAL OBJECTIVES - WHAT IS EXPECTED (EACH OTHER - KENT/DAN LOCKER R) PROCED. EMPHASIS SALT/FLUIDS -CONT'	
THURSDAY, JULY 22		FRIDAY, JULY 23		SATURDAY, JULY 24 - 1ST 2-DAY	
8:30 - WEIGH IN 9:00 A.M. MEET		8:30 - CONTINUE NOTEBOOK IF NEED - INDIV. SECTION 9:40 - MEET - SET STRENGTH TEST 9:45 - STRENGTH TEST - GYM/LOCKER ROOM. POST TEST PRACTICE 12:10 LUNCH 2:30 PUNT PROTECTION 2:50-3:10 MEET 3:20 - PRACTICE - PADS - 1ST PRACTICE PUNT COV/PROT		9:15 - MEET 9:45 - PRACTICE - RUN EMPHASIS TEAM TE/T FUM RECOV DRILL WIX-IR-IF-STUNTS-JAMS POST - SNAPS C - HOLDER FG & PAT 12:10 LUNCH 2:30 PUNT PROT - 10 MAN 2:50 MEET 3:20 PRACTICE - PASS EMPHASIS USE ALL COVERAGES LINE-DRAW TECH-TE SIFT & PASS BLK- FLEX - OK PUNT PROT/COV 10 MAN BALANCED & LOADED LOOKS DEF. SUPPORT DRILL	
12:10 LUNCH DECIDE PUPS FOR RUN TESTS 1:30 MEET DRESSED FOR RUN TESTS 2:40 SET RUN TESTS 2:50 BUS TO SILVERDOME 3:00 10-20-40 YD TEST AGILITY & LONG JUMP 4:30 RETURN TO OU PRACTICE FIELD-ENDURANCE RUN-ACETATE-STANCE-CAL, ETC, HND STARTS		6:10 DINNER 7:15 REVIEW PUNT PROT. 7:45 MEET (OPP FORM) (53) OPP (87) STM AR Y SAIL (OPP) SLAM STM BKS LT 8 Y CRS(OP) 1 RIP (83) STM/CH 3 SW GO IN Y OVER (63) SW CH 3 SW CC 8 Y DRAG (BAR) WIX, DX 51 D36-37ST VS 10 MAN L32-33		6:10 DINNER (HEAD COUNT) NO MEETING PLAYERS/COACHES OFF 12 MIDNIGHT CURFEW	

<p>MONDAY, AUGUST 1</p> <p>9:15 MEETING B & R TECH. BLITZ & PATT</p> <p>9:45 PRACTICE - USE MO. & ZOOM ALIGN</p> <p>1ST & 10 SCRIM "TAG" (NO TACKLING)</p> <p>SP TEAM & K.O. RET. FUM. DRILL</p> <p>10- VS 34 RUN/P/A</p> <p>12:10 LUNCH</p> <p>2:30-2:50 K.O. RET (RT & LT) REV. FILM</p> <p>2:50-3:10 MEET</p> <p>3:20- PRACTICE - PASS SCRIM (10-15)</p> <p>BLITZ ADJ. FUMBLE DRILL (THROW</p> <p>BACK WORK BLITZ PICKUP - 10 VS 34)</p> <p>SEND IN PLAYS - USE COUPLE OF POSITIONS</p> <p>VENING USE MOT & ZOOM. SP TEAM K.O. RET.</p> <p>6:10 DINNER</p> <p>7:15 BASIC K.O. COV.</p> <p>7:45 MEET - MV & MVT.</p> <p>(YR)-18ST +20 OVER,</p> <p>P38 SOL 12-13 TRAP 63-59-52 W/S BLITZ</p> <p>P37 SOL ORANGE SW OPT 4 W SLICE SPEAR</p> <p>D17 ST 55-56 SW OPT 5-W9 BULLETS SP.5</p> <p>45 LAG 32-33-34-35 TRAP 69-508 FAN BKS RT 5-Y POST</p> <p>HURSDAY, AUGUST 5</p> <p>8:30-9:00 WEIGH IN (KHAYAT)</p> <p>9:15 MEET</p> <p>9:45 PRACTICE ESTABLISH IMMEDIATELY (VS. CLEVELAND)</p> <p>4 X SY, OFF SY/GL COV DEF</p> <p>4 X GL, (1 PASSING) DEF-FUM.</p> <p>RECOV. REG RUN/PLAY ACTION</p> <p>VS 34 SP. TEAM PUNT RET. REV.</p> <p>12:10 LUNCH</p> <p>2:30 F.G. PROT..</p> <p>2:50 MEET</p> <p>3:20 PRACTICE - GOING IN (MOT)</p> <p>2 MIN DRILL (USE #</p> <p>D & D TEAM</p> <p>SP. TEAMS - F.G. PROT.</p> <p>350'S EVERYONE</p> <p>VENING</p> <p>DINNER 6:10</p> <p>NIGHT OFF</p> <p>12:00 MIDNIGHT CURFEW</p>	<p>TUESDAY, AUGUST 3</p> <p>9:15 MEET</p> <p>9:45 PRACTICE - WIN ON 1ST DOWN</p> <p>RUN EMPHASIS</p> <p>PASSING GOING IN - SUPPORT DRILL</p> <p>K.O. COV</p> <p>12:10 LUNCH</p> <p>2:30 FILM - 2 & 3 CRASH (AM FILM)</p> <p>2:50 MEETING</p> <p>3:20 PRACTICE - BLITZ DRILL - ORANGE VS 54</p> <p>SP. T. 2 & 3 CRASH (TE W'S SENDING</p> <p>PLAYS)</p> <p>6:10 DINNER - COOK OUT - ENTERTAINMENT</p> <p>7:15 PUNT RETURN RT & LT</p> <p>7:45 MEET - FLY & PEEL MOT OUT/SH MOT</p> <p>(Y) 16 GEO. I R438 Y SNK FLY/PEEL</p> <p>36 GEO I 445 LAG TRN MOT. OUT</p> <p>R38-TR38 219 GO O/S X READ SH MOT.</p> <p>D412 X OK PST OK SCR X-W COV OV/L O/S LIL</p> <p>339 B RT Y DRG F-FW. RITA ST BLITZ</p> <p>FAN DO HK 4 X TRAIL ME AR17 DOS CINCO. 418 H GO 0/5</p> <p>SATURDAY, AUGUST 7</p> <p>DETROIT VS. CLEVELAND SCRIMMAGE</p> <p>AT BOWLING GREEN</p> <p>8:00 A.M. PRE-GAME TYPE MEAL</p> <p>9:00 A.M. BUS TO BOWLING GREEN</p> <p>(2HR 15 BUS RIDE)</p> <p>DRESS AT BOWLING GREEN</p> <p>12:30 (2) 1 ON 1 SCRIM.</p> <p>7 ON 7</p> <p>1:00 DET OFF VS. CLEV DEF.</p> <p>CLEV DEF VS. DET. OFF.</p> <p>4:00 P.M. RETURN TO OAKLAND</p> <p>6:30 DINNER</p> <p>EVERYONE OFF - NO CURFEW</p>	<p>WEDNESDAY, AUGUST 4</p> <p>9:15 MEET</p> <p>9:45 PRACTICE - RUNS P/A PERIOD</p> <p>SP. TEAM - PUNT RET (R & L)</p> <p>O/L & O/S MOT ADJ. CONTIAN BOOTLEG</p> <p>RUN SUPPORT</p> <p>12:10 LUNCH</p> <p>2:30 - MID - PUNT RETURN</p> <p>2:50 - MEET</p> <p>3:20 PRACTICE - 15 SCRIM</p> <p>54 - ORANGE PASSING</p> <p>CINCO BLITZ DRILL - REG & NEW LEARNI</p> <p>SP TEAM - PUNT RET. R-L-MID</p> <p>(NEW PEOPLE I W/</p> <p>6:10 DINNER</p> <p>(NO MEETING SP. TEAMS)</p> <p>7:30 ORAL REVIEW OFF & DEF - 2 MIN OFF.</p> <p>L-32 SNK - 0 & 1 T43 SY/GL</p> <p>19ST 52 (GL)</p> <p>D10 WEDGE 332 BLT X COR (GL) 6-1, VAR</p> <p>T38-19ST 313 BRT X COR (GL) OTTO, SMO</p> <p>418 H GO 0/5 52 SMACK</p> <p>(SUNDAY, AUGUST 8</p> <p>CONTINENTAL BREAKFAST - HILL</p> <p>9:00-10:30 A.M. HOUSE</p> <p>PLAYERS OFF UNTIL 6:00 P.M.</p> <p>12:00 LUNCH</p> <p>12:30 COACHES - CLEVELAND GAME</p> <p>PLAN - (CRITIQUE OF</p> <p>SCRIM VS CLEVELAND ALSO</p> <p>6:00 DINNER - EVERYONE</p> <p>7:45 MEETING - FILM CORRECTION</p> <p>LIONS VS. BROWNS.</p> <p>T19ST 50 AWAY SCR FB 104</p> <p>STUT 14 G SW WIDE SCR LT-HB</p> <p>RRTL STM WIDE SCR RT-FB</p> <p>OK SCR TO Y (MVT) 5-10 BLITZ</p> <p>319 B RT X TRL H GO O/S PURDUE</p> <p>D412 DO 1RN D-2 TENN, KENTUC</p> <p>SW WIDE 4 Y OV. 66, SHOW</p> <p>73-77</p> <p>IN GENERAL (FINAL IZE</p>
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MONDAY, AUG 9	TUESDAY, AUGUST 10	WEDNESDAY, AUGUST 11 (OFFER 3 DAY)
9:15 MEET 9:45 PRACTICE - SEND IN PLAYS - USE MIX FLY/PEEL/MV/MVT OFF-P/A REG & 34 RUNS DEF-P/A MV/MVT/MOT/FLY/PEEL/MIX F.G. PROTECTION 12:10 LUNCH 2:30 PUNT PROT/COV 2:50 MEET 3:20 PRACTICE - BLITZ DRILL - REG 5¢ D & D DRILL - NO TACKLING - 2 MIN PUNT PROT VS. STACKS, TWISTS 6:10 DINNER 7:30 MEET - COV KING FORM (DECIDE PLAYS) D38G SOL 50 DASH PT W-O YCOR SW CC 5 SLOT DRAG D12 CREAM STM ANGLE 7 Y DRAG SW GO I/S SL CB STM FAR Y DRAG DEF REV. VIKING & ORAL 219 SL & X OV Y OV SW GO I/S & W OV 5¢ DASH PT SL DRAG	9:15 MEET - NO PRACTICE SCOUT REPORT OFF/DEF GAME PLAN (TEAM PLAN ON WED - 2:15 PM) 12:10 LUNCH 2:30 K.O. COV-CROSS LANE-ON SHIFT & SURPR. 2:50 MEET 3:20 PRACTICE KING FORM ALL NEW LEARNING GOING IN (THEN REVIEW SP. TEAM - K.O. COV. 6:10 DINNER - WIVES INVITED - SPEC. BUFFET 7:30 NFL RULES MEETING (1 HOUR) 8:30 MEET - PRESENT 2 MIN. 2 & 4 MIN PLAN K.O. RET. INSIDE RT/LT BUNCH CLEV. FILM (SY) L432 W.T.O. PASSES 5¢ PLAN - ALL TO SCR TO B LAT PASS TO 1 2 T.O. DEF. REV. TEST CLEVELAND FILM 4 MIN	9:15 MEET - CLEV. FILM D1-JSS 4 MIN 9:45 PRACTICE - SP TEAM K.O. RET SCRM D & D (NO TACKLING) 4 MIN DRILL TO END PRACTICE (CHAINS) 12:10 LUNCH 2:15-3:05 TEAMS PLAN - ALL MEET 3:05-3:35 REG MEETING 3:45 - PRACTICE - SP TEAM F.G. PROT. VS F.G. BLOCK DEF. HAVE TE MOVE-LINE SHIFT (SCRIPT) OFF. 5¢ & 2 MIN D&D SCRM REG. PASSING REV. FG & FG PROT. 6:00 DINNER 6:30 NFL SECURITY (CHARLIE JACKSON) (COACHES) 7:30 MEET TEAM - NFL SECURITY D14 OPT 8 DEF CLEV - BLITZES D24 OPT 8 CLEV. FILM SP TEAM - DEF STAYS
TUESDAY, AUGUST 10	WEDNESDAY, AUGUST 11 (OFFER 3 DAY)	THURSDAY, AUGUST 12
9:15 MEET - NO PRACTICE SCOUT REPORT OFF/DEF GAME PLAN (TEAM PLAN ON WED - 2:15 PM) 12:10 LUNCH 2:30 K.O. COV-CROSS LANE-ON SHIFT & SURPR. 2:50 MEET 3:20 PRACTICE KING FORM ALL NEW LEARNING GOING IN (THEN REVIEW SP. TEAM - K.O. COV. 6:10 DINNER - WIVES INVITED - SPEC. BUFFET 7:30 NFL RULES MEETING (1 HOUR) 8:30 MEET - PRESENT 2 MIN. 2 & 4 MIN PLAN K.O. RET. INSIDE RT/LT BUNCH CLEV. FILM (SY) L432 W.T.O. PASSES 5¢ PLAN - ALL TO SCR TO B LAT PASS TO 1 2 T.O. DEF. REV. TEST CLEVELAND FILM 4 MIN	9:15 MEET - NO PRACTICE SCOUT REPORT OFF/DEF GAME PLAN (TEAM PLAN ON WED - 2:15 PM) 12:10 LUNCH 2:30 K.O. COV-CROSS LANE-ON SHIFT & SURPR. 2:50 MEET 3:20 PRACTICE KING FORM ALL NEW LEARNING GOING IN (THEN REVIEW SP. TEAM - K.O. COV. 6:10 DINNER - WIVES INVITED - SPEC. BUFFET 7:30 NFL RULES MEETING (1 HOUR) 8:30 MEET - PRESENT 2 MIN. 2 & 4 MIN PLAN K.O. RET. INSIDE RT/LT BUNCH CLEV. FILM (SY) L432 W.T.O. PASSES 5¢ PLAN - ALL TO SCR TO B LAT PASS TO 1 2 T.O. DEF. REV. TEST CLEVELAND FILM 4 MIN	8:30-9:00 WEIGH IN (KHAYAT) 9:15 - MEET SY/GL PLAN 9:45 - PRACTICE WALK THRU SY/GL REVIEW OFF/DEF MV/MVT, ETC OFF REV VS OURSELVES FORM REG. DEF WORK VS SELVES FORM REG. ADJ, FLY/PEEL 12:10 LUNCH 3:30 - 4:30 TESTS OFF/DEF 5:00 DINNER 6:50 BUS TO SILVERDOME 6:50 BUS TO SILVERDOME 7:30 PRACTICE AT SILVERDOME REGULAR DAY BEFORE PRACTICE REVIEW SY/GL OFF/DEF SP. TEAM 9:30 SNACK - OAKLAND CENTER
WEDNESDAY, AUGUST 11 (OFFER 3 DAY)	THURSDAY, AUGUST 12	FRIDAY, AUGUST 13
9:15 MEET - CLEV. FILM D1-JSS 4 MIN 9:45 PRACTICE - SP TEAM K.O. RET SCRM D & D (NO TACKLING) 4 MIN DRILL TO END PRACTICE (CHAINS) 12:10 LUNCH 2:15-3:05 TEAMS PLAN - ALL MEET 3:05-3:35 REG MEETING 3:45 - PRACTICE - SP TEAM F.G. PROT. VS F.G. BLOCK DEF. HAVE TE MOVE-LINE SHIFT (SCRIPT) OFF. 5¢ & 2 MIN D&D SCRM REG. PASSING REV. FG & FG PROT. 6:00 DINNER 6:30 NFL SECURITY (CHARLIE JACKSON) (COACHES) 7:30 MEET TEAM - NFL SECURITY D14 OPT 8 DEF CLEV - BLITZES D24 OPT 8 CLEV. FILM SP TEAM - DEF STAYS	8:30-9:00 WEIGH IN (KHAYAT) 9:15 - MEET SY/GL PLAN 9:45 - PRACTICE WALK THRU SY/GL REVIEW OFF/DEF MV/MVT, ETC OFF REV VS OURSELVES FORM REG. DEF WORK VS SELVES FORM REG. ADJ, FLY/PEEL 12:10 LUNCH 3:30 - 4:30 TESTS OFF/DEF 5:00 DINNER 6:50 BUS TO SILVERDOME 6:50 BUS TO SILVERDOME 7:30 PRACTICE AT SILVERDOME REGULAR DAY BEFORE PRACTICE REVIEW SY/GL OFF/DEF SP. TEAM 9:30 SNACK - OAKLAND CENTER	9:15 MEET - CLEV. FILM D1-JSS 4 MIN 9:45 PRACTICE - SP TEAM K.O. RET SCRM D & D (NO TACKLING) 4 MIN DRILL TO END PRACTICE (CHAINS) 12:10 LUNCH 2:15-3:05 TEAMS PLAN - ALL MEET 3:05-3:35 REG MEETING 3:45 - PRACTICE - SP TEAM F.G. PROT. VS F.G. BLOCK DEF. HAVE TE MOVE-LINE SHIFT (SCRIPT) OFF. 5¢ & 2 MIN D&D SCRM REG. PASSING REV. FG & FG PROT. 6:00 DINNER 6:30 NFL SECURITY (CHARLIE JACKSON) (COACHES) 7:30 MEET TEAM - NFL SECURITY D14 OPT 8 DEF CLEV - BLITZES D24 OPT 8 CLEV. FILM SP TEAM - DEF STAYS
THURSDAY, AUGUST 12	FRIDAY, AUGUST 13	SATURDAY, AUGUST 14
8:30-9:00 WEIGH IN (KHAYAT) 9:15 - MEET SY/GL PLAN 9:45 - PRACTICE WALK THRU SY/GL REVIEW OFF/DEF MV/MVT, ETC OFF REV VS OURSELVES FORM REG. DEF WORK VS SELVES FORM REG. ADJ, FLY/PEEL 12:10 LUNCH 3:30 - 4:30 TESTS OFF/DEF 5:00 DINNER 6:50 BUS TO SILVERDOME 6:50 BUS TO SILVERDOME 7:30 PRACTICE AT SILVERDOME REGULAR DAY BEFORE PRACTICE REVIEW SY/GL OFF/DEF SP. TEAM 9:30 SNACK - OAKLAND CENTER	9:15 MEET - CLEV. FILM D1-JSS 4 MIN 9:45 PRACTICE - SP TEAM K.O. RET SCRM D & D (NO TACKLING) 4 MIN DRILL TO END PRACTICE (CHAINS) 12:10 LUNCH 2:15-3:05 TEAMS PLAN - ALL MEET 3:05-3:35 REG MEETING 3:45 - PRACTICE - SP TEAM F.G. PROT. VS F.G. BLOCK DEF. HAVE TE MOVE-LINE SHIFT (SCRIPT) OFF. 5¢ & 2 MIN D&D SCRM REG. PASSING REV. FG & FG PROT. 6:00 DINNER 6:30 NFL SECURITY (CHARLIE JACKSON) (COACHES) 7:30 MEET TEAM - NFL SECURITY D14 OPT 8 DEF CLEV - BLITZES D24 OPT 8 CLEV. FILM SP TEAM - DEF STAYS	10:00-11:00 BRUNCH - OAKLAND CENTER DINING HALL 11:00 INDIVIDUAL TESTS MEETINGS SPECIAL TEAM TESTS (NO PRACTICE) 2:30 CHAPEL SERVICE 3:00 PREGAME MEAL MEETING FOLLOW BUS?? 5:15 BE AT SILVERDOME
FRIDAY, AUGUST 13	SATURDAY, AUGUST 14	SUNDAY, AUGUST 15
9:15 MEET - CLEV. FILM D1-JSS 4 MIN 9:45 PRACTICE - SP TEAM K.O. RET SCRM D & D (NO TACKLING) 4 MIN DRILL TO END PRACTICE (CHAINS) 12:10 LUNCH 2:15-3:05 TEAMS PLAN - ALL MEET 3:05-3:35 REG MEETING 3:45 - PRACTICE - SP TEAM F.G. PROT. VS F.G. BLOCK DEF. HAVE TE MOVE-LINE SHIFT (SCRIPT) OFF. 5¢ & 2 MIN D&D SCRM REG. PASSING REV. FG & FG PROT. 6:00 DINNER 6:30 NFL SECURITY (CHARLIE JACKSON) (COACHES) 7:30 MEET TEAM - NFL SECURITY D14 OPT 8 DEF CLEV - BLITZES D24 OPT 8 CLEV. FILM SP TEAM - DEF STAYS	10:00-11:00 BRUNCH - OAKLAND CENTER DINING HALL 11:00 INDIVIDUAL TESTS MEETINGS SPECIAL TEAM TESTS (NO PRACTICE) 2:30 CHAPEL SERVICE 3:00 PREGAME MEAL MEETING FOLLOW BUS?? 5:15 BE AT SILVERDOME	9:30 CONTINENTAL BREAKFAST HILL HOUSE (HEAD

1982 TRAINING CAMP TWO-A-DAY SCHEDULE

7:00 A.M. WAKE UP CALL

7:15 A.M. - 8:00 A.M. BREAKFAST (OPTIONAL)

7:45 A.M. - 8:15 A.M. TAPING IN DINING HALL - ROOKIES ONLY

7:45 A.M. - 8:45 A.M. TREATMENT

8:15 A.M. - 9:00 A.M. TAPING IN GYM - VETERANS

9:15 A.M. - 9:35 A.M. MORNING MEETING (IN SHELLS) AT GYM

9:35 A.M. - 9:45 A.M. FINISH DRESSING AND REPORT TO THE FIELD

9:45 A.M. PRACTICE

WEIGHTS AFTER PRACTICE - VETERANS

12:10 P.M. - 12:40 P.M. LUNCH

12:45 P.M. - 1:15 P.M. TAPING IN DINING HALL - ROOKIES ONLY

12:45 P.M. - 2:00 P.M. SIESTA AND TREATMENT

2:00 P.M. - 2:30 P.M. TAPING IN GYM - VETERANS

2:30 P.M. - 2:50 P.M. SPECIAL TEAMS MEETING - WHEN ANNOUNCED

2:50 P.M. - 3:10 P.M. AFTERNOON MEETING (IN SHELLS) AT GYM

3:10 P.M. - 3:20 P.M. FINISH DRESSING AND REPORT TO THE FIELD

3:20 P.M. PRACTICE

WEIGHTS AFTER PRACTICE - ROOKIES

6:10 P.M. - 6:40 P.M. DINNER

7:30 P.M. - 10:00 P.M. EVENING MEETING

10:00 P.M. TREATMENT

11:00 P.M. CURFEW

NOTE: ALL PRACTICES:

1. PLAYERS WILL BE IN PROPER UNIFORM (LION ISSUE).
2. PLAYERS WILL WEAR PROPER PADDING, INCLUDING THIGH PADS.
3. WRAPPED OR TAPED ANKLES.
4. EVEN IF INJURED AND UNABLE TO WORK, YOU MUST DRESS FOR PRACTICE UNLESS THE HEAD COACH PERSONALLY APPROVES OTHERWISE.
5. NEVER LEAVE THE PRACTICE FIELD DURING THE PRACTICE.

IN CAMP, THE MORNING PRACTICE WILL BE DEDICATED PRIMARILY TO THE RUNNING GAME AND PLAY PASSES: THE AFTERNOON PRIMARILY TO THE PASSING GAME.

** COACHES MEET 45 MINUTES PRIOR TO ALL TEAM MEETINGS.

SCHEDULE - TYPICAL REGULAR SEASON WEEK

SUNDAY

8:30 A.M.	CHAPEL
9:00 A.M.	PRE-GAME MEAL (4 HOURS PRIOR TO THE GAME)
11:00 A.M.	ARRIVE AT STADIUM
1:00 P.M.	GAME

MONDAY

2:00 P.M.	GAME FILM CORRECTIONS
4:00 P.M. (Approximate)	PRACTICE -
	1. OFFENSE - SCREENS, DRAWS, SPEC. PLAYS, PASS CK OFF
	2. DEFENSE - VS. OFFENSIVE EXOTICS
	3. SPECIAL TEAMS
AFTER PRACTICE	WEIGHT PROGRAM/RUN PROGRAM

TUESDAY

PLAYER'S DAY OFF - COACHES, GAME PLAN

WEDNESDAY

OFFENSIVE DAY PRACTICE

9:30 A.M. - 12:00 NOON	MEETING: SCOUTING REPORT - GAME PLAN
12:00 NOON - 12:30 P.M.	LUNCH
12:30 P.M. - 1:00 P.M.	WALK THRU
1:00 P.M. - 2:20 P.M.	MEETINGS
2:30 P.M.	PRACTICE
AFTER PRACTICE	WEIGHTS

THURSDAY

DEFENSIVE DAY PRACTICE

9:25 A.M. - 9:35 A.M.	WEIGH IN
9:40 A.M. - 12:00 NOON	MEETING: CORRECTIONS - FILM
12:00 NOON - 12:30 P.M.	LUNCH
12:30 P.M. - 1:00 P.M.	WALK THRU
1:00 P.M. - 2:20 P.M.	MEETINGS
2:30 P.M.	PRACTICE

FRIDAY

COMBINATION DAY PRACTICE

9:30 A.M. - 9:50 A.M.	SPECIAL TEAMS MEETING
9:50 A.M. - 10:50 A.M.	MEETINGS: CORRECTIONS - FILM - WALK THRU
	GOAL LINE/SHORT YARDAGE - 5¢
11:00 A.M. - 12:30 P.M.	PRACTICE

SATURDAY

DAY BEFORE GAME PRACTICE

10:00 A.M.	SY/GL AND SPECIAL TEAMS MEETING - FILM
11:00 A.M.	PRACTICE: REVIEW SPECIAL TEAMS PERSONNEL
	REVIEW GOAL LINE AND SHORT YARDAGE
9:30 P.M.	SNACK AT HOTEL
11:00 P.M.	CURFEW

NOTE: ALL PRACTICES:

1. PLAYERS WILL BE IN PROPER UNIFORM (LION ISSUE).
2. PLAYERS WILL WEAR ALL PROPER PADDING (INCLUDING THIGH PADS).
3. ANKLES TAPED OR WRAPPED BY TRAINERS.
4. DRESS FOR PRACTICE, EVEN IF INJURED AND UNABLE TO WORK, UNLESS THE HEAD COACH PERSONALLY APPROVES OTHERWISE.
5. NEVER LEAVE THE PRACTICE FIELD DURING PRACTICE.

PRE-SEASON	DET	CHI	LA	TB	BAL	MIA	ATL	BUF	MIN	PHL	GB	NYG	NYJ	DAL	STL	WAS	NO	SF	NE	CIN	CLV	HOU	PIT	DEN	KC	OKS	SD	SEA	
AUG. 7																													
AUG. 14	CLV	8/16	DEN	PHL	NYG	WASH	MIN	DAL	ATL	SEA	NYJ	GB	NYG	BUF	SEA	MIA	HOU	OKS	PIT	K.C.	DET	N.O.	WAS	CIN	8/13	CHI	8/13	STL	
AUG. 21	OKS	8/16	CLV	WASH	ATL	DEN	PHL	CHI	SEA	N.E.	PHL	NYJ	GB	BUF	SEA	T.B.	K.C.	STL	PHL	PHL	WAS	NYG	WAS	MIA	8/13	DET	MIN	WAS	
AUG. 28	CIN	8/16	SEA	HOU	PHL	WASH	MIN	ATL	SEA	N.E.	ATL	OKS	NYG	BUF	SEA	CHI	CLV	S.D.	PHL	PHL	WAS	NYG	WAS	MIA	8/13	DET	MIN	WAS	
SEPT. 4	OKS	8/16	SEA	HOU	PHL	WASH	MIN	ATL	SEA	N.E.	ATL	OKS	NYG	BUF	SEA	CHI	CLV	S.D.	PHL	PHL	WAS	NYG	WAS	MIA	8/13	DET	MIN	WAS	
1982	DET	CHI	LA	TB	BAL	MIA	ATL	BUF	MIN	PHL	GB	NYG	NYJ	DAL	STL	WAS	NO	SF	NE	CIN	CLV	HOU	PIT	DEN	KC	OKS	SD	SEA	
SEPT. 12	CHI	DET	PHL	MIN	N.E.	NYG	NYG	K.C.	T.B.	WASH	LA	ATL	NYG	PIT	PHL	N.O.	PHL	STL	OKS	BAL	HOU	WAS	DAL	S.D.	OKS	SD	SEA		
SEPT. 19	LA	N.O.	DET	WASH	MIA	ATL	NYG	MIN	BUF	CLV	NYG	GB	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA		
SEPT. 26	TB	S.F.	PHL	DET	NYG	ATL	NYG	MIN	BUF	CLV	NYG	GB	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA		
OCT. 3	MIA	ATL	MIN	BUF	DET	N.E.	NYG	MIN	BUF	CLV	NYG	GB	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA		
OCT. 10	ATL	STL	S.F.	GB	CLV	N.E.	DET	NYG	MIN	BUF	DET	N.E.	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA		
OCT. 17	BUF	TB	N.O.	CHI	MIA	BAL	ATL	DET	NYG	MIN	BUF	DET	N.E.	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA	
OCT. 24	MIN	GB	S.D.	BAL	T.B.	OKS	N.O.	DEN	DET	NYG	MIN	BUF	DET	N.E.	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA
OCT. 31	PHL	ATL	N.O.	GB	N.E.	11/8	S.D.	CHI	NYG	MIN	BUF	DET	N.E.	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA	
NOV. 7	GB	TB	NYG	CHI	OKS	CLV	PHL	MIN	BUF	DET	N.E.	NYG	GB	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA	
NOV. 14	CHI	DET	ATL	DAL	NYG	BUF	PHL	MIN	BUF	DET	N.E.	NYG	GB	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA	
NOV. 21	NYG	MIN	K.C.	MIA	BUF	WAS	STL	BAL	CHI	WASH	NYJ	GB	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA	SEA	
NOV. 28	NYG	MIN	K.C.	MIA	BUF	WAS	STL	BAL	CHI	WASH	NYJ	GB	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA	SEA	
DEC. 5	NYG	MIN	K.C.	MIA	BUF	WAS	STL	BAL	CHI	WASH	NYJ	GB	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA	SEA	
DEC. 12	NYG	MIN	K.C.	MIA	BUF	WAS	STL	BAL	CHI	WASH	NYJ	GB	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA	SEA	
DEC. 19	NYG	MIN	K.C.	MIA	BUF	WAS	STL	BAL	CHI	WASH	NYJ	GB	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA	SEA	
DEC. 26	NYG	MIN	K.C.	MIA	BUF	WAS	STL	BAL	CHI	WASH	NYJ	GB	NYG	PHL	DAL	T.B.	CHI	DEN	CHI	NYG	PIT	SEA	CIN	S.F.	OKS	SD	SEA	SEA	

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TEAM ATTITUDE OBJECTIVES FOR 1982

This is our year!! It's time we realize what kind of team we have... It's time we realize what will happen when we play the way we can each and every play....each and every week... It's now time everything we have done starts to pay off big for us. We have too much going for us, for us not to cash in on it all this year.

Team unity....pulling together....helping each other....caring for each other....family attitudes....team closeness....mutual respect....These are all qualities that can help put us over the top. Let's really commit ourselves to promoting these emotional feelings about each other. Remember by so doing we are investing in our mutual success.

I believe we have more than enough talent in every department to be the very best. Now everything depends on what we really want to do. If we decide together that a championship is what we really want, more than anything else, and we're willing to get together and see that we get it now....we will!

"If we're willing to do absolutely everything it takes to dedicate ourselves to being totally ready each practice and each game....I don't believe we can be stopped."

THE BEST IN THE BUSINESS

EVEN THOUGH IT MAY SEEM REMOTE AND DISTANT TO US AT THIS TIME, WE MUST NOW BEGIN TO SET OUR GOALS, PREPARE A PLAN, THEN TAKE ACTION ON A PLAN TOWARD ACHIEVING OUR GOALS TOGETHER.

THE PRIDE, THE SELF-SATISFACTION, THE MONETARY BENEFITS, THE SUPER BOWL RING - ALL THE GOOD THINGS THAT ACCRUE TO A WINNER WILL BE OURS WHEN WE WORK PURPOSEFULLY TOGETHER TO BECOME "SECOND TO NONE"

NO ONE HAS A 'CORNER' OR MONOPOLY ON PRIDE, DESIRE, EFFORT, OR HARD WORK. WE HAVE THE SAME RIGHT TO THESE ATTRIBUTES AS THE TWENTY-SEVEN OTHER TEAMS.

WE WILL EXERCISE THAT RIGHT, AND BY THESE MEANS, ACCOMPLISH OUR GOALS TOGETHER.

REMEMBER - YOU DO NOT JUST WIN ON GAME DAY. YOU WIN A LITTLE OR LOSE A LITTLE EACH DAY BY YOUR EFFORT. MAKE EACH DAY A WINNING EFFORT!

READ THESE TIPS OVER AND OVER AND SEE IF YOU DO THE THINGS NECESSARY TO MAKE YOURSELF THE "BEST IN THE BUSINESS".

- A. THE DIFFERENCE BETWEEN LOSING AND WINNING OFTEN LIES IN THE FAILURE TO DO THE LITTLE EXTRA THINGS. EVERYONE CANNOT BE AN "ALL-PRO", BUT EVERY-ONE CAN HUSTLE AND BE A TEAM MAN.
- B. WE ARE LOOKING FOR PLAYERS WHO WILL BECOME WINNERS. THE ONES WHO MAKE THE PLAY, GET THE JOB DONE, HELP WIN THE GAME! GOOD WORK HABITS AND ATTITUDES ARE NECESSARY FOR IMPROVEMENT.
- C. OFFENSE
 - 1. QUARTERBACKS - PREPARE MENTALLY OFF THE FIELD AND THEN PUSH YOURSELF IN PRACTICE TO BECOME THE EFFECTIVE LEADER OF THE TEAM. MAKE EVERY CALL, HANDOFF OR PASS TO PERFECTION. READ FRONTS AND COVERAGES EVERY DOWN. THROW EVERY PASS WITH A SPECIFIC TARGET IN MIND TO IMPROVE ACCURACY, EVEN IN WARM UP.
 - 2. OFFENSIVE LINEMEN - ALWAYS WORK FOR PERFECT TECHNIQUE WHETHER IN A GAME, SCRIMMAGE, OR JUST CHECKING ASSIGNMENTS IN A "WALK-THRU". TAKE PRIDE IN ENDING EACH PLAY IN GOOD POSITION ON YOUR MAN, EITHER ON A RUN OR IN PROTECTING THE PASSER. YOU NEVER KNOW WHEN YOUR EFFORT MAY RESULT IN THE "BIG PLAY", WHICH IS ESSENTIAL FOR WINNING.
 - 3. RUNNING BACKS - CONCENTRATION AND DETERMINATION IN ALL SITUATIONS. BE WORKING TO DEVELOP ALL PHASES OF YOUR GAME, RUNNING, BLOCKING, AND RECEIVING. THE THING THAT WILL MAKE US A WINNER IS A LITTLE EXTRA EFFORT.

4. RECEIVERS - KNOW YOUR ALIGNMENT, ASSIGNMENT, AND ANY ADJUSTMENTS YOU MUST MAKE ON EVERY PLAY. BE ALERT AT ALL TIMES. YOU ARE CAPABLE OF MAKING THE "BIG PLAY" THAT MAKES US THE CHAMPION. BE THE COMPLETE RECEIVER THAT CONTRIBUTES TO OUR SUCCESS WITH BLOCKING, AS WELL AS CATCHING AND RUNNING WITH THE FOOTBALL.

D. DEFENSE

1. ALWAYS PLAY DEFENSE CALLED. DON'T BE A GUESSER.
2. RUN DEFENSE - OUR GOAL IS TO KEEP THE GAIN TO A MINIMUM AND PREVENT A LONG TOUCHDOWN RUN. "SWARM" TO THE FOOTBALL, "KNOCK THEM BACK".
3. PASS DEFENSE - STARTS WITH PRESSURE ON THE PASSER, FOLLOWED BY JAMMING RECEIVER. COMMUNICATE, HAND SIGNALS BY EVERYONE. THREE AND OUT WILL ENABLE OUR DEFENSE TO CONTROL THE OFFENSE.
4. PENALTIES - ALL DEFENSIVE PENALTIES, EXCEPT OFFSIDES, GIVES THE OFFENSE A FIRST DOWN. ELIMINATE ALL SELFISH AND THOUGHTLESS PENALTIES, EMOTIONAL DISPLAYS, AND ARGUING ARE LOSERS' REACTIONS TO ADVERSITY.
5. DEFENSIVE SCORING - THE TURNOVER RATIO IS A VERY VALID ONE. THE GREATEST CONTRIBUTION A DEFENSIVE UNIT CAN MAKE TO THE TEAM IS TO CREATE A TURNOVER AND SCORE.
6. TROUBLE SITUATION - IN EVERY GAME OUR DEFENSE WILL BE FACED WITH SEVERAL DIFFICULT SITUATIONS. THE WAY WE HANDLE THESE PLAYS WILL USUALLY DETERMINE THE OUTCOME OF THE GAME. ACCEPT THESE TROUBLE SITUATIONS AS A CHALLENGE AND AN OPPORTUNITY TO SHOW OUR DEFENSIVE GREATNESS.

E. SPECIAL TEAMS

1. "STRESS THE KICKING GAME, FOR HERE IS WHERE THE BREAKS ARE MADE." - PROBABLY MORE BREAKS OCCUR IN THE AREA OF THE KICKING GAME, THAN IN ANY OTHER PHASE: THESE BREAKS ARE A RESULT OF A TEAM OR PLAYER BEING UNPREPARED FOR A SPECIFIC SITUATION.
2. THE SIX DON'TS OF THE KICKING GAME:
 - A) DON'T ALIGN WITH 12 MEN ON THE FIELD.
 - B) DON'T BE OFFSIDES.
 - C) DON'T ROUGH THE KICKER OR HOLDER.
 - D) DON'T CLIP.
 - E) DON'T BLOCK BELOW THE WAIST.
 - F) DON'T LET THE BALL HIT THE GROUND.
3. NEVER, NEVER HANDLE A PUNT INSIDE THE 10 YARD LINE:
 - A) SIMULATE A FAIR CATCH - BE AN ACTOR AND THEN FIND THE FOOTBALL.
 - B) OR, BLOCK COVERAGE MAN HIGH TO PREVENT HIM DOWNING BALL INSIDE THE 10 YARD LINE.
4. IN ORDER TO WIN, WE FIRST MUST AVOID LOSING. LET'S NOT BEAT OURSELVES IN THE KICKING GAME - TAKE PRIDE IN DOING THE LITTLE THINGS THAT WILL MAKE US A WINNER. PENALTIES PERTAINING TO THE PUNT RETURN UNITS HAVE BEEN FAR TOO EXCESSIVE IN OUR LEAGUE. IF WE CAN ELIMINATE PENALTIES IN THIS AREA, IT WILL PROVIDE US WITH AN EDGE.

5. NEVER COMMIT A PENALTY WHEN OUR OPPONENTS ARE GIVING US THE FOOTBALL.
6. A CONFUSED FOOTBALL PLAYER CANNOT EXECUTE OR BE AGGRESSIVE. IF YOU ARE CONFUSED OR DON'T KNOW WHAT TO DO ON AN ASSIGNMENT, ALWAYS ASK YOUR COACH.
7. SUBSTITUTIONS - IT IS OF UTMOST IMPORTANCE WE KEEP OUR HEADS IN THE BALL GAME AND KNOW WHEN AND WHAT OUR RESPONSIBILITIES ARE ON THE SPECIAL TEAMS. BE PREPARED - KNOW THE DOWN AND DISTANCE SITUATION AND BE ALERT. YOU ARE RESPONSIBLE TO CHECK WITH THE TRAINER, ALERT THE SPECIAL TEAMS COACH, AND YOUR SUBSTITUTE IN THE EVENT YOU CANNOT PARTICIPATE. THE SPECIAL TEAMS CAPTAIN OR ANOTHER DESIGNATED INDIVIDUAL MUST ALWAYS CHECK TO SEE IF WE HAVE 11 MEN ON THE FIELD IN ALL KICKING SITUATIONS. EACH MAN CHECK HIS COUNTERPART.
8. ON A "HOT" CALL, LOCATE THE FOOTBALL AND GET AWAY FROM IT.
9. OUR SPECIAL TEAMS UNIT HAS THE OPPORTUNITY TO SET THE TEMPO FOR EACH GAME - LET'S SEIZE THIS OPPORTUNITY.
10. ALWAYS BE ALERT FOR FAKE PUNTS AND FIELD GOALS.
 - A) VS. PUNTS - FORCE KICKER TO PUNT ON RHYTHM.
 - B) END TO SIDE OF RETURN MAKE SURE BALL IS PUNTED BEFORE BLOCKING TO RETURN MAN.
 - C) FIELD GOAL CONTAIN MEN AND SECONDARY ALWAYS ANTICIPATE A FAKE.
11. IN KICKING SITUATIONS, ALWAYS BE ALERT TO WIND CONDITIONS AND TIME REMAINING IN THE QUARTER -
 - A) PUNT AND KICK FIELD GOALS WITH THE WIND.
 - B) FORCE OPPONENTS TO KICK INTO THE WIND.

F. IN GENERAL: REMEMBER ITS NOT JUST PRACTICE THAT MAKES PERFECT, BUT PERFECT PRACTICE MAKES PERFECT.

1. THE DESIRE TO BE A CHAMPION MUST COME FROM WITHIN. DO NOT EXPECT YOUR COACHES, OR ANYONE ELSE, TO DO EVERYTHING FOR YOU.
2. HUSTLE ON EVERY PLAY ON OFFENSE. PURSUE ON EVERY PLAY ON DEFENSE. YOU HAVE BEEN INSTRUCTED IN THE PROPER TECHNIQUE. STRIVE TO STAY ON YOUR FEET. WORK TO DEVELOP A SELF-IMAGE AS A "HUSTLER" AND A "HARD WORKER".
3. BE PUNCTUAL, EVEN EARLY FOR ALL PRACTICES, GAMES, MEETINGS, AND DEPARTURES.
4. ALWAYS STRIVE TO IMPROVE YOURSELF BY WORKING ON YOUR WEAKNESSES. WORK TO MAINTAIN "THE LEARNING ATTITUDE". THE NEXT BEST THING TO BEING INNOCENT OF A FAULT IS TO ADMIT IT, TO FREELY ADMIT IT AND DO SOMETHING ABOUT IT.
 - A) ADMIT A NEED, B) GET A PLAN, C) DO SOMETHING ABOUT IT.
5. USE THE TIME AFTER PRACTICE TO IMPROVE YOURSELF. DO NOT BE A CLOCK WATCHER AND RUSH TO THE SHOWERS. WORK WITH A SPECIFIC PURPOSE ON A DIFFERENT TECHNIQUE EACH DAY.
6. BE SURE YOU KNOW ALL THE AUDIBLES WHETHER ON OFFENSE OR DEFENSE. ALSO, LEARN WHEN TO EXPECT AUDIBLES AND WHY WE USE THEM.
7. ALL PLAYERS MUST DEVELOP ENDURANCE. BE STRONGER IN THE FOURTH QUARTER THAN YOUR OPPONENT. GO ALL OUT EVERY PLAY FOR SIXTY MINUTES WHETHER AHEAD OR BEHIND!

Everyone is
Responsible to
OK. 11 men
on Field →

THE BEST IN THE BUSINESS (Cont.)

8. LEARN TO BE TECHNIQUE AND DETAIL CONSCIOUS. GET A CLEAR, MENTAL PICTURE OF PERFECTION IN YOUR MIND.
9. ANTICIPATE WHAT YOUR OPPONENT IS GOING TO DO, BUT DO NOT GUESS. YOUR PRE-GAME PREPARATION WILL HELP YOU HERE.
10. ALWAYS BE AWARE OF CURRENT SITUATIONS (SCORE, DOWN, DISTANCE, TIME REMAINING, ETC.).
11. DO NOT DEPEND ON A TEAMMATE OR COACH TO TELL YOU WHAT TO DO. PREPARE YOURSELF FOR EVERY SITUATION ON OFFENSE, DEFENSE, AND SPECIAL TEAMS.
12. DO NOT STAND AROUND AND WATCH OTHERS IF THE PLAY GOES AWAY FROM YOU. WE CANNOT WIN WITH "INSPECTORS".
13. FINISH EVERY PLAY AS CLOSE TO THE FOOTBALL AS POSSIBLE.
14. QUARTERBACKS AND SIGNAL CALLERS SHOULD CALL SOUND PLAYS, OR DEFENSES THAT ARE NOT "BIG GAMBLER" WHEN A "SOUND" PLAY, OR DEFENSE, WILL PICK UP THE NECESSARY YARDAGE, *or stop the opponent.*
15. NEVER LET UP ON A PENALTY PLAY THAT APPEARS OBVIOUS TO EVERYONE. ALWAYS PLAY THE PLAY OUT ALL THE WAY. THIS COULD BE OUR OPPORTUNITY FOR A BIG PLAY.
16. PREPARE YOURSELF FOR A WRITTEN EXAMINATION ON YOUR ASSIGNMENTS AT ANY TIME. YOU MUST BE ABLE TO SCORE 100% ON EVERY TEST. BECOME AN EXPERT AND AUTHORITY AT YOUR POSITION.
17. KNOW THE TYPE OF CROWD AND THE ACOUSTICS IN EVERY STADIUM IN WHICH YOU PLAY. THERE ARE SPECIFIC PARKS WHERE AUDIBLES ARE MOST DIFFICULT TO HEAR.
18. BE SURE TO FALL ON A FUMBLE AND RECOVER IT. DO NOT TRY TO PICK UP A BOUNCING BALL ON THE RUN, UNLESS YOU ARE CERTAIN OF POSSESSION.
STRIVE TO BE MORE ALERT AND EFFECTIVE.
19. HUSTLE FROM ONE PRACTICE AREA TO ANOTHER. DO NOT BE THE LAST ONE. NEVER WALK ON THE PRACTICE FIELD.
20. TAKE CARE OF YOUR EQUIPMENT. HAVE PRIDE IN YOUR APPEARANCE EVERY TIME YOU GO ON THE FIELD WITH YOUR TEAM. WEAR ONLY LION ISSUE (LEAGUE RULE). NEVER LAY HELMETS ON PRACTICE FIELD.
21. ALWAYS CHECK YOUR SHOES BEFORE EVERY GAME AND PRACTICE AND MAKE SURE YOU ARE WEARING THE PROPER TYPE FOR THE CONDITION AND TYPE OF FIELD. FOR GAMES, YOU MUST PACK VARIOUS SUITABLE SHOES.
22. NEVER MISS A WEIGHT-IN AND NEVER BE FINED FOR BEING OVERWEIGHT. THIS IS A LACK OF SELF-RESPECT AND IT WILL COST YOU.

THE BEST IN THE BUSINESS (Cont.)

23. BE CAREFUL OF YOUR CONDUCT AND YOUR ASSOCIATIONS OFF THE FIELD. KEEP IN MIND THAT YOU REPRESENT YOURSELF, THE LIONS, AND THE NATIONAL FOOTBALL LEAGUE.
24. BE CAREFUL OF YOUR LANGUAGE ON AND OFF THE FIELD. BE HIGH CLASS AND MODERATE IN ALL BEHAVIOR OFF THE FIELD.
25. THINK AND TALK POSITIVE FOOTBALL! THINK LIKE A WINNER.
26. LET'S BE DIRECT. COME TO COACH CLARK IF PROBLEMS EXIST. LET'S NOT LEARN ABOUT OUR PROBLEMS IN THE PRESS. AS IN A FAMILY, THERE ARE CERTAIN THINGS THAT WE DON'T DISCUSS IN PUBLIC. REMEMBER OUR LOYALTY TO ONE ANOTHER.
27. LEARN THE OFFICIAL RULES. BE A RULES' EXPERT.
28. SET A GOOD EXAMPLE FOR ALL THE ROOKIES AND KEEP IN MIND YOUR RESPONSIBILITY TO THE YOUNGSTERS. DEVELOP PRIDE IN BEING A DETROIT LION. DEVELOP PRIDE IN BEING THE BEST IN THE BUSINESS.
29. DON'T BE A STADIUM PLAYER - PUT SOME TIME INTO THE GAME WHEN AT HOME.

GENERAL INFORMATION

A. PLAYBOOK

1. WE EXPECT YOU TO KEEP YOUR BOOK NEAT AND ORDERLY.
2. KEEP A RECORD OF EVERYTHING THAT IS DISCUSSED. THIS WILL AID YOU IN BECOMING THE FOREMOST AUTHORITY IN YOUR POSITION. BECOME AN EXPERT! NO ONE SHOULD KNOW MORE ABOUT YOUR POSITION THAN YOU.
3. TAKE NOTES SO YOU CAN REFER TO THEM LATER. NO ONE IS SMART ENOUGH TO REMEMBER EVERYTHING SAID THE FIRST TIME.
4. ALWAYS HAVE A PENCIL AND A NOTEBOOK AT EACH AND EVERY MEETING THAT YOU ATTEND. WITHOUT EXCEPTION!

B. HEALTH

1. YOU HAVE A RESPONSIBILITY TO EVERYONE TO MAINTAIN GOOD PHYSICAL CONDITION AND PROPER MENTAL ATTITUDE TO BE ALERT ON THE FIELD AND IN THE CLASSROOM.
2. PERIODIC HEALTH AND PHYSICAL EXAMINATIONS ARE NECESSARY TO PROTECT YOURSELF. KEEPING YOUR WEIGHT DOWN MEANS LONGER LIFE TO YOU, AND A LONGER PLAYING CAREER IN FOOTBALL!
3. WE EXPECT YOU TO BE IN BETTER PHYSICAL CONDITION THAN OUR OPPONENTS. AS OUR OPPONENTS WEAR DOWN IN THE FOURTH QUARTER, WE EXPECT TO SHOW OUR SUPERIOR CONDITIONING.
4. YOU MUST NOT PERMIT OCCURRENCES OF CIRCUMSTANCES THAT LEAD TO ACCIDENTS OR TO ILL HEALTH OR ANYTHING THAT DETRACTS FROM YOUR ABILITY TO CONCENTRATE OR PERFORM. (NOT TAPING ANKLES, OR NOT GETTING PROPER REST).
5. IF INJURED, AND WORKING OUT TO GET BACK IN SHAPE, DO NOT EXERCISE OR STAND NEAR GROUPS PRACTICING WHERE YOU MIGHT BE RE-INJURED, OR CAUSE A PLAYER TO GET INJURED.
6. BLISTERS OR PULLED MUSCLES - REPORT IT TO THE TRAINER IMMEDIATELY. YOU MUST KNOW THE DIFFERENCE BETWEEN INJURY AND PAIN. YOU MUST PLAY WITH PAIN. PROJECT AN IMAGE OF DURABILITY AND PHYSICAL RELIABILITY.

GENERAL INFORMATION (Cont.)

C. RUNNING

1. RUNNING WILL BE USED TO WARM-UP, TO IMPROVE INDIVIDUAL AND TEAM SPEED, AND FOR CONDITIONING.
2. WE WILL RUN AGAINST THE CLOCK, AND AGAINST EACH OTHER.
3. SPEED IS IMPORTANT TO ALL GREAT TEAMS. IT CAN BE DEVELOPED IF YOU CONCENTRATE ON IMPROVING YOURSELF.
4. FORM IN RUNNING:
 - a. START - YOU MUST PUT A LOT OF POWER IN YOUR FIRST FEW STRIDES FOR MAXIMUM ACCELERATION. THESE SHOULD BE SHORT DRIVING STEPS. KEEP BACK PARALLEL TO THE GROUND.
 - b. LENGTHEN YOUR STRIDES AND GRADUALLY COME UP A LITTLE HIGHER AS YOU PROGRESS.
 - c. DRIVE WITH YOUR ARMS FROM THE START, KEEPING ELBOWS CLOSE TO THE BODY AND MAKE ARM AND FEET MOVEMENTS PARALLEL TO LEG ACTION (IN STRAIGHT LINE). BEND ARMS AT ELBOW AT 90 DEGREE ANGLE. HANDS, ARMS, AND UPPER TORSO MUST BE RELAXED.
 - d. SLANT BODY FORWARD SLIGHTLY.
 - e. IN ALL SPRINT RACES, STRIVE FOR GOOD FORM IN RUNNING. NEVER LOOK AROUND. DRIVE YOURSELF FOR THE FINISH. ALWAYS BE CONSCIOUS THAT YOU MUST COME TO A STOP BY DECREASING YOUR SPEED GRADUALLY. NEVER STOP SUDDENLY AS THIS MAY CAUSE PULLED MUSCLES. BE RELAXED!
 - f. ALL THINGS BEING EQUAL, PLAYERS WITH THE MOST SPEED WILL COMPRISE OUR SQUAD.

D. CALISTHENICS

1. WHEN LINING UP FOR CALISTHENICS, TAKE PLENTY OF ROOM. DO NOT BE CROWDED. BEFORE TAKING THE FIELD, A CHART WILL BE PROVIDED TO DESIGNATE SPECIFIC ALIGNMENT BY POSITION.
2. THE PURPOSE IS TO WARM-UP SYSTEMATICALLY FOR THE PRACTICE SESSION.
3. IMPROVE ENDURANCE, REACTION TIME, STRENGTH AND COORDINATION FOR PARTICULAR SKILLS WE HAVE TO PERFORM.
4. YOU PLAY LIKE YOU PRACTICE. THEREFORE, YOU MUST BE "ALL OUT" IN ALL EXERCISES. MAKE IT HURT. GET TIRED. SOON THEY WILL BECOME EASY FOR YOU. DO NOT GET CARELESS OR SLOPPY. BE PRECISE.
5. KEEP YOUR EYES ON THE LEADER AT ALL TIMES. EVENTUALLY, HE WILL GIVE YOU VERY FEW VERBAL COMMANDS.
6. MASTER ALL EXERCISES. THERE IS A CORRECT WAY FOR EACH ONE. WORK FOR QUICK ACTION, AND STAY WITH THE GROUP. NO EXCEPTIONS.
7. IN THE GRASS DRILL, LEARN TO MOVE AROUND USING HANDS AND FEET. YOUR KNEES SHOULD NEVER TOUCH THE GROUND.

POSITIONS FOR CALISTHENICS

LEADER

QUARTERBACKS

OFFENSIVE LINE

DEFENSIVE BACKS

WIDE RECEIVERS

RUNNING BACKS

LINEBACKERS

TIGHT ENDS

KICKERS

DEFENSIVE LINE

THE DETROIT LIONS

PRE-PRACTICE WARM-UP ROUTINE

THE FLEXIBILITY AND WARM-UP EXERCISES WE WILL DO PRIOR TO EACH PRACTICE ARE LISTED BELOW. YOU ARE EXPECTED TO BE ABLE TO EFFICIENTLY EXECUTE THESE ONCE CAMP BEGINS. YOU MAY FOLLOW THE FLEXIBILITY EXERCISES LISTED EARLIER IN THIS CONDITIONING PROGRAM OR YOU MAY SUBSTITUTE THESE AS A MEANS OF WARM-UP PRIOR TO YOUR WORKOUTS. YOU WILL, HOWEVER, BE RESPONSIBLE FOR LEARNING THIS ROUTINE.

1. PULL ELBOW BEHIND HEAD - HOLD EASY STRETCH, 10 SECONDS EACH ARM.
2. INTERLACE FINGERS BEHIND YOUR BACK. SLOWLY TURN YOUR ELBOWS TO INSIDE AS YOU KEEP YOUR ARMS STRAIGHT. YOUR CHEST SHOULD BE FORWARD AND HEAD STRAIGHT, 15 SECONDS.
3. WITH ARMS EXTENDED OVER HEAD, GRAB ONE HAND WITH THE OTHER. SLOWLY BEND AT WAIST AS YOU GENTLY PULL HAND TOWARD GROUND, SIDEWAYS. HOLD AND EASY STRETCH 10 SECONDS EACH SIDE.
4. CROSSED LEGS - PLACE THE RIGHT FOOT OVER THE LEFT AND TOUCH YOUR TOES, HOLDING FOR EIGHT (8) COUNTS. REVERSE.
5. SPREAD LEGS - LOWER YOUR HEAD AND GRAB YOUR ANKLE, PULLING DOWN FOR EIGHT (8) COUNTS. KEEP YOUR KNEES STRAIGHT.
6. GROIN STRETCH - SPREAD LEGS AND PUSH OUT TO THE RIGHT, THEN TO THE LEFT, FOR EIGHT (8) COUNTS EACH DAY.

SITTING POSITION

7. SITTING LEG SPREAD - SPREAD LEGS AND LOWER YOUR HEAD TO YOUR LEG, RIGHT THEN LEFT, FOR EIGHT (8) COUNTS.
8. SPINAL TWIST - 10 SECONDS EACH SIDE.
9. SITTING LEG LIFT - LIFT YOUR LEG AND PULL TO THE HEAD, RIGHT THEN LEFT, FOR EIGHT (8) COUNTS. KEEP KNEES LOCKED.
10. CALF-ACHILLES STRETCH - WITH KNEES BENT GRASP AROUND YOUR RIGHT FOOT WITH BOTH HANDS INTERLOCKED AND PULL BACK - HOLD FOR TEN (10) COUNT - EXTEND THE KNEE, MAINTAINING THE GRASP AROUND THE FOOT - RELAX - REPEAT WITH LEFT SIDE.

PRE-PRACTICE WARM-UP ROUTINE (Cont.)

11. LOW BACK STRETCH - (SUPINE POSITION) - HOLD THE LEFT LEG JUST BELOW THE KNEE AND PULL IT TOWARD THE CHEST - STRETCH AND RELAX - KEEP THE BACK OF YOUR HEAD DOWN AND THEN SLOWLY CURL YOUR HEAD UP TOWARD YOUR BENT KNEE - REPEAT WITH OTHER LEG - AFTER PULLING ONE LEG AT A TIME TO YOUR CHEST, PULL BOTH LEGS TO YOUR CHEST - CONCENTRATE ON KEEPING THE BACK OF YOUR HEAD DOWN, THEN CURLING YOUR HEAD UP TOWARD YOUR KNEES.

COMMAND "FRONT"

12. QUADRICEP STRETCH - FIRST, LIE ON YOUR LEFT SIDE. GRAB THE ANKLE OF YOUR RIGHT FOOT WITH YOUR RIGHT HAND JUST ABOVE THE TOES, HOLD THIS POSITION FOR 5 TO 15 SECONDS. (YOU MAY FIND BALANCE A LITTLE DIFFICULT AT FIRST. DON'T WORRY ABOUT IT. JUST PRACTICE AND YOU'LL GET THE BALANCE.) THEN EXTEND YOUR LOWER RIGHT LEG INTO YOUR RIGHT HAND AS YOU MOVE YOUR HIPS FORWARD. THIS WILL SLIGHTLY ARCH YOUR BACK. BE CAREFUL - DON'T FORCE YOUR BACK TO ARCH. DO IT SLOWLY AND CONCENTRATE ON GETTING THE STRETCH IN THE QUADRICEPS. STRETCH FOR 5 TO 15 SECONDS. REPEAT WITH THE OPPOSITE LEG.
13. PUSH-UPS - THUMBS = CUT AWAY.
14. SIT-UPS - WITH KNEES SLIGHTLY BENT. HANDS BEHIND THE HEAD.
15. TRUNK CURL - WITH ARMS FOLDED. HEELS UNDER BUTT.
16. LEG OVER - UP - OVER - DOWN, RIGHT LEG FIRST, THEN THE LEFT.
17. LEG RAISES - RAISE YOUR LEGS UP TO 90° ANGLE, THEN DROP THEM DOWN - OUT - IN, DOWN - OUT - IN, DOWN - OUT - IN AND HOLD. THE LEGS NEVER TOUCH THE GROUND.

UP AND RUNNING ON COMMAND

18. GRASS DRILL - RUNNING IN PLACE. ON COMMAND "FRONT", HIT THE GROUND AND BOUNCE BACK UP AS QUICKLY AS POSSIBLE. STAY OFF YOUR KNEES!!!!
19. BODY TWIST - FOUR (4) SECTIONS - RIGHT - FORWARD - LEFT - FORWARD. NO COMMAND. FOLLOW THE LEADER.
20. JUMPING JACKS - DO NOT HIT YOUR SIDES.

E. PROFESSIONAL ATTITUDE AND MENTAL APPROACH

SO THAT YOU CAN HAVE A WRITTEN RECORD FOR YOUR OWN REFERENCE AND REVIEW, FOLLOWING ARE EXCERPTS FROM COACH CLARK'S PAST TALK WITH THE SQUAD. HEREIN YOU WILL FIND MANY KEY CONCEPTS AND PHILOSOPHIES WHICH WILL BE IMPORTANT FOR YOU TO UNDERSTAND.

I AM NOT GOING TO ASK YOU TO DO ANY MORE THAN OTHER CHAMPIONS HAVE DONE IN ORDER TO BE THE BEST!!!

LEARNING ATTITUDE

YOU ARE GOING TO HEAR ABOUT THIS ONE FROM NOW ON. IT TAKES A LOT OF SELF-HONESTY AND THE ABILITY TO BE SELF-CRITICAL TO DEVELOP IT. IT IS NOT NATURAL - IT IS NOT HUMAN NATURE - THAT IS WHY IT IS SO HARD. HERE IT IS IN A NUTSHELL:

IT IS IMPOSSIBLE TO IMPROVE UNTIL YOU ADMIT THE NEED. ADMIT YOU ARE WRONG - THEN DEVELOP A PLAN TO DO SOMETHING ABOUT IT.

THE NEXT BEST THING TO BEING INNOCENT OF A FAULT IS TO FREELY ADMIT IT. ONLY THEN CAN PROGRESS BEGIN TO TAKE PLACE.

IT TAKES A MATURE MAN TO DO THIS - IMMATURE, CHILDISH, SELFISH, NON-CONFIDENT LOSERS CANNOT HANDLE IT.

WE ALL LIKE TO BE PRAISED - NO ONE WANTS TO ADMIT THEY ARE WRONG.

AS A TEAM - WE MUST LEARN TO MATURE ENOUGH TO DEVELOP THIS ABILITY. IT IS TOUGH BUT IF WE EXPECT TO ACCOMPLISH EXTRAORDINARY THINGS TOGETHER AS I DO - THEN WE HAVE TO LEARN TO REACT IN AN EXTRA-ORDINARY WAY.

YOU DO NOT HAVE TO EMBARRASS YOURSELF TO OTHERS - BUT LET'S BEGIN TO BE MATURE ENOUGH TO MEASURE OURSELVES TO PERFECTION - EXPECT MORE OF YOURSELF!!

WHEN YOU DO NOT GET IT (CORRECT METHOD) - ADMIT IT AND BEGIN TO DO SOMETHING ABOUT IT!!

1) ADMIT THE NEED, 2) DEVELOP A PLAN, 3) DO SOMETHING ABOUT IT.

THAT IS WHAT I MEAN BY A LEARNING ATTITUDE!!

LET ME TALK ABOUT HOW IMPORTANT I FEEL IT IS REGARDING OUR ATTITUDES TOWARD MISTAKES AND CORRECTIONS

WHEN YOU ARE NOT DOING IT WELL ENOUGH - YOU WILL KNOW ABOUT IT. YOU MAY OR MAY NOT BE ABLE TO DO ANY BETTER, BUT YOU WILL KNOW WHEN IT WAS NOT GOOD ENOUGH.

I AM GOING TO CALL THE SHOTS. I ALSO LIKE TO BE GENEROUS WITH PRAISE WHEN POSSIBLE.

I WANT YOU TO LEARN TO EXPECT AND ACCEPT NOTHING BUT THE VERY BEST FROM YOURSELF.

LEARN TO BE DEMANDING OF YOURSELF. IF WE ACCEPT ALIBIS, EXCUSES, AND COMPLAINING IN PLACE OF PERFORMANCE - THIS IS ALL WE WILL GET.

COMPLAINING, EXCUSES AND ALIBIS ARE PART OF A LOSER'S MAKE-UP. THIS CHRONIC LOSER CAN ALWAYS FIND A REASON WHY HE DID NOT GET THE JOB DONE.

LOSERS HAVE A KNACK FOR PLACING THE BLAME ON ANYONE ELSE - BUT THEMSELVES.

IT WAS TOO HOT - THE PRACTICE WAS TOO LONG - WE FLEW OUT TOO EARLY - WE FLEW OUT TOO LATE - THE BUS WAS LATE.

THEY POINT THE FINGER ANYWHERE BUT AT THEMSELVES.

EXCUSES ARE NOT NECESSARY WHEN YOU GET THE JOB DONE.

TO ME THE CHRONIC COMPLAINER - THE EXCUSE MAKER - IS ONLY EXPOSING HIMSELF AS ONE WHO IS NOT WILLING TO PAY THE PRICE IT TAKES TO WIN.

A WINNER SAYS - I HAVE GOT A JOB TO DO REGARDLESS OF CONDITIONS.

COMPLAINING - IT IS THE PART OF A LOSER'S ATTITUDE AND FACILITATES DIVISION WHERE UNITY IS NEEDED.

I WOULD LIKE TO MAKE EXCUSES AND COMPLAINING UNPOPULAR.

THINK ABOUT HOW YOU ARE IDENTIFYING YOURSELF WHEN YOU DO SO.

UNDERSTAND THAT EXCUSES ARE ONLY NECESSARY WHEN YOU CANNOT GET THE JOB DONE.

BACK TO THE IDEA OF HOW TO ACCEPT CORRECTION....

I POINTED OUT - WE WILL BE MAKING CORRECTIONS. THE WAY CORRECTION IS RECEIVED IS CRITICAL - IT IS VERY IMPORTANT.

CORRECTIONS ARE INTENDED TO HELP. IT IS NOT A PERSONAL ATTACK ON A PERSON - ONLY A CRITICISM OF HIS ACTION.

IT IS IMPORTANT YOU LEARN TO ACCEPT IT THAT WAY. YOUR REACTION TO CORRECTIONS - YOUR ACCEPTANCE - THE WAY YOU RECEIVE IT - MAKES ALL THE DIFFERENCE IN THE WORLD.

IF YOU ACCEPT IT AS INTENDED - AS HELP - WE WILL IMPROVE (YOU WILL ADMIT IT AND DO SOMETHING ABOUT IT - THAT IS PROGRESS).

RESENTMENT AND DEFENSIVENESS OF CORRECTION BREAKS DOWN COMMUNICATION AT EXACTLY THE POINT WHERE IT IS NEEDED THE MOST.

IN ALL OUR CONTACT TOGETHER - IN THE CLASSROOM - WATCHING FILM - ON THE FIELD - IN DEMONSTRATING - ~~IN ALL OUR CONTACT~~ - WE SHOULD BE WORKING TOWARD GETTING A CLEAR - VIVID MENTAL PICTURE OF WHAT EVERY TECHNIQUE LOOKS LIKE WHEN DONE CORRECTLY.

ONCE YOU GET THIS CLEAR, VIVID MENTAL PICTURE OF THE PROPER METHOD - I BELIEVE WE HAVE A MUCH BETTER CHANCE TO RE-PRODUCE THAT ON SUNDAY.

WHEN IT IS FUZZY - ASK. IF YOU HAVE AN UNCERTAIN NOTION OF WHAT IS EXPECTED - IT COMES OUT THAT WAY - FUZZY AND UNCERTAIN.

ALL WE WANT IS YOUR VERY BEST - YOUR BEST IS GOOD ENOUGH!

I WANT YOU TO FEEL YOU CAN CONTRIBUTE - SUGGESTIONS ARE WELCOME. YOU ARE INVITED TO TALK TO YOUR ASSISTANT COACH OR COACH CLARK AT ANY TIME - NO MATTER HOW BUSY HE APPEARS. BUT I WILL MAKE THE DECISIONS - AND I WILL RUN THE TEAM.

I AM VERY PROUD OF MY REPUTATION OF BEING FAIR. I GOT THAT REPUTATION BY MAKING NO EXCEPTIONS - FIRM YET FAIR.

WHENEVER POSSIBLE - I LIKE TO LIVE BY THE RULE OF THUMB - FIRM - BUT NOT HARSH.

I HAVE THE RESPONSIBILITY TO EACH OF YOU TO PRODUCE A WINNER. THAT IS WHAT IT IS ALL ABOUT. IF I DO NOT FOLLOW WHAT I KNOW WILL MAKE US WIN - THEN I AM NOT DOING MY JOB.

VERY DIFFICULT DECISIONS ARE NECESSARY FROM TIME TO TIME. I CAN ONLY USE ONE CRITERION - DO WHAT I BELIEVE IS IN THE BEST LONG-TERM INTEREST OF THE DETROIT LIONS - HOW IT WILL AFFECT OUR CHANCES TO WIN.

OUR COACHES ARE DEDICATED, HARD-WORKING, KNOWLEDGEABLE MEN - WHO WANT NOTHING BETTER THAN TO SEE YOU BECOME THE BEST.

THESE COACHES ARE IMPORTANT PEOPLE TO ME. THEY ARE THE LEADERS - YOUR BOSSES - WHO WILL HELP ME RUN THIS FOOTBALL TEAM. THESE ARE THE MEN WHO WILL HELP ME DECIDE ON YOUR LIVES.

THE TRAINERS, EQUIPMENT MEN, AND SCOUTS ARE ALSO IMPORTANT MEMBERS OF MY STAFF.

NEVER MISTAKE THESE PEOPLE AS SOME KIND OF SECOND CLASS CITIZENS THAT ARE HERE TO SERVE YOU AS VALETS.

THEY EACH HAVE AN IMPORTANT FUNCTION TO PERFORM AND A CONTRIBUTION TOWARD WINNING.

THE THINGS THEY ASK YOU TO DO ARE TO BE UNDERSTOOD AS AN EXTENSION OF MY POLICIES. THEY ARE FOLLOWING MY INSTRUCTIONS AND DO NOT HASTLE THEM FOR DOING THEIR JOB.

IT IS IMPORTANT TO ME THAT WE CONDUCT OURSELVES AS PROFESSIONALS WHILE IN THE CLUB HOUSE AS WELL AS ON THE FIELD.

REMEMBER OUR CRITERIA OF WHAT IS EXPECTED OF YOU - IS NO LONGER SIMPLY HOW YOU THINK OR FEEL ABOUT IT - OR WHAT YOUR OWN PERSONAL DESIRES ARE. WE HAVE A RESPONSIBILITY TO EACH OTHER THAT IS BIGGER THAN SERVING ONLY OURSELVES. THINK OF YOUR TEAM FIRST - THEN YOURSELF.

PEOPLE CAN BE DESTROYED BY VICIOUS ACCUSING AND DEROGATORY REMARKS. LET'S BEGIN TO APPLY THE PRINCIPLE OF THE GOLDEN RULE IN REGARDS TO DEGRADING, DEROGATORY, ACCUSING REMARKS TO ONE ANOTHER.

TO HANG A RAP ON A TEAMMATE FOR YOUR OWN ENTERTAINMENT IS DAMAGING AND PART OF A LOSER'S BEHAVIOR. A LOSER DOES IT TO ESCAPE CLOSE SCRUTINY WHICH HE KNOWS HIS OWN PERFORMANCE CANNOT BEAR UP UNDER - IT IS DONE TO DIVERT INSPECTION AWAY FROM HIMSELF.

SUCH REMARKS PROMOTE NEGATIVE, HARMFUL IMAGES WHICH IS CONTRARY TO OUR OWN BEST INTEREST. BE POSITIVE - HELP A TEAMMATE WHO HAS A PROBLEM - DON'T DESTROY HIM.

WE DO NOT NEED ANY RESIDENT TEAM CRITICS!

IN FACT - BE VERY CAREFUL WHO YOU LISTEN TO.

MAKE SURE YOU MODEL YOURSELF AFTER A CURRENT PRODUCER. ONE WHO IS REALLY GETTING THE JOB DONE. EMULATE SOMEONE WHO IS THE BEST.

YOU WILL SELL YOURSELF SHORT IF YOU PAY ANY ATTENTION TO SOMEONE WHO IS A NEVER-WAS OR A HAS-BEEN.

TEST YOURSELF - EXAMINE CAREFULLY WHO YOU LISTEN TO - OR IMITATE. DO NOT LET A LOSER DRAG YOU DOWN TO HIS LEVEL.

ANYONE WHO IS NOT A CURRENT PRODUCER AND CONTRIBUTOR - I WOULD EXPECT TO HEAR VERY, VERY LITTLE FROM.

YOUR LACK OF CONTRIBUTION SHOULD MAKE YOU TOO SELF-CONSCIOUS TO SPEAK UP!!!

LET ME GIVE YOU MY IDEA OF WHAT I THINK A "PRO" IS:

- FIRST - HE IS A MATURE MAN - AS IT WAS PUT TO ME WHEN I WAS A ROOKIE.
- "A PRO ASKS NO QUARTERS - AND HE GIVES NONE".
- "A PRO BECOMES THE WORLD'S FOREMOST AUTHORITY AT HIS POSITION. NO ONE IN THE WORLD SHOULD KNOW MORE ABOUT PLAYING YOUR POSITION THAN YOU DO".
- HE TAKES COPIOUS NOTES TO INSURE HE HAS NOT MISSED ANYTHING.
- DURING FOOTBALL SEASON - ALL ELSE IS SECONDARY TO BEING TOTALLY PREPARED TO PLAY EACH WEEK.

- FOOTBALL IS THE ONLY REASON YOU ARE HERE AND ALL DECISIONS AS TO EXPENDITURES OF YOUR TIME - EFFORT - CONCENTRATION - AND THOUGHTS - MUST BE MADE WITH FOOTBALL AS YOUR NUMBER ONE PRIORITY.
- PLAN NOW TO SET ASIDE TIME AT HOME FOR FOOTBALL THIS YEAR.
- YOU CANNOT WALK AWAY FROM HERE AND NOT THINK FOOTBALL UNTIL YOU ARE BACK HERE AGAIN. THAT IS HOW THE LOSERS DO IT.
- "A PRO KNOWS THAT HE MUST DISCIPLINE HIMSELF EACH WEEK TO TAKE ALL THE STEPS (WITHOUT SHORT CUTS) TO BE TOTALLY PREPARED: PHYSICALLY, MENTALLY, AND PSYCHOLOGICALLY. *"+ situationally"*
- "A PRO LEAVES NO STONE UNTURNED SO THAT AT GAME TIME HE NEEDS ONLY THE OPPORTUNITY TO EXPLODE WITH AN ALL-OUT EFFORT."
- HE KNOWS HE IS READY AND WOULD NOT CHANGE ANYTHING ABOUT WHAT HE DID TO PREPARE.
- "A PRO STAYS MENTALLY INVOLVED IN THE GAME AT ALL TIMES (EVEN ON THE SIDELINES) AND IS NOT DISTRACTED - EVEN BY A T.V. CAMERA."
- IN PRACTICE - HE ALWAYS GETS THE CALL AND FOLLOWS HIS POSITION MENTALLY - EVEN WHEN IT IS HIS ALTERNATE'S TURN.
- "A PRO'S ENTHUSIASM IS A SINCERE EMOTION EVOLVED FROM HIS COMPLETE READINESS TO PLAY."
- NOT A FALSE, SUPERFICIAL, PHONEY, HOT DOGISH, PUT-ON, SHALLOW, CONTRIVED CHATTER THAT LOSERS HAVE A KNACK FOR.
- HE UNDERSTANDS THAT EVERYTHING THAT IS SAID DOES NOT REQUIRE HIS LEARNED ROUTINE - HIS CANNED, SHALLOW RESPONSE.
- HE REACTS MORE BY POSITIVE ACTION - THAN VERBAL RESPONSES ANYWAY.
- BUT HE DOES PLAY WITH TRUE EMOTION - FOR 60 MINUTES - AHEAD OR BEHIND IN SCORE!!!
- "A PRO'S REACTION TO ADVERSITY IS NOT DRAMATIC AND THEATRICAL. HE DOES NOT FEEL THE NEED TO LET THE PUBLIC KNOW EVERYTIME IT DOES NOT GO HIS WAY. HE KNOWS THAT LOSER'S RELEASE FRUSTRATION BY DRAMATICS - AND - WINNER'S REFUSE TO TAKE THAT EASY - NON-PRODUCTIVE METHOD."
- YOU WILL NEVER KNOW A WINNER HAS BEEN UPSET - UNTIL HE TAKES IT OUT IN A POSITIVE WAY ON HIS OPPONENT ON THE NEXT PLAY.
- A REAL PRO REACTS TO ADVERSITY BY DEFEATING THE PROBLEM. HE FACES IT HEAD ON - MEETS IT - AND FINDS OUT WHAT HE CAN PERSONALLY DO TO SOLVE IT.
- WHEN TROUBLE - HARD TIMES - OR ADVERSITY STRIKES - A PRO EXECUTES HIS FUNDAMENTALS A LITTLE BETTER - HE BEARS DOWN - HE IS DETERMINED TO DO SOMETHING ABOUT IT HIMSELF - RIGHT UNTIL THE FINAL GUN.

- WHEN ADVERSITY STRIKES A PRO - WHEN HE GETS BEHIND - HE HANGS IN THERE TOUGHER - HE TRIES HARDER - HE IS DETERMINED TO EXECUTE BETTER.
- HE LOOKS FOR A WAY THAT HIS BIG PLAY - CAN TURN IT BACK OUR WAY.
- "A PRO NEVER BAILS OUT - DESERTS THE SHIP - THREATENS THIS OR THAT ACTION."
- HE NEVER BLAMES - POINTS THE FINGER OR MAKES EXCUSES.
- "A REAL PRO TAKES CARE OF HIS OWN RESPONSIBILITIES. HE IS NOT CONCERNED WITH PEOPLE BESIDE HIM - IN BACK OR IN FRONT."
- HE KNOWS THAT IF HE CAN JUST MAKE SURE HE IS GETTING HIS JOB DONE - THEY CAN DO THE SAME FOR THEMSELVES.
- HE DOES NOT LET OTHER PEOPLE'S PROBLEMS DISTRACT HIM.
- A PRO NEVER "ASSUMES" ANYTHING - HE TAKES THE TIME AND EFFORT IN PREPARATION SO THAT ASSUMPTIONS ARE UNNECESSARY. LET'S AVOID THE NECESSITY FOR EVEN USING THE WORD "ASSUME".

—LOYALTY—

✓ IF YOU WORK FOR A MAN, IN HEAVEN'S NAME WORK FOR HIM:
 SPEAK WELL OF HIM AND STAND BY THE INSTITUTION HE
 REPRESENTS - - - REMEMBER - AN OUNCE OF LOYALTY IS
 WORTH A POUND OF CLEVERNESS - - - IF YOU MUST GROWL,
 CONDEMN, AND ETERNALLY FIND FAULT, RESIGN YOUR
 POSITION AND WHEN YOU ARE ON THE OUTSIDE, DAMN TO YOUR
 HEART'S CONTENT - - - BUT AS LONG AS YOU ARE A PART
 OF THE INSTITUTION, DO NOT CONDEMN IT - - - IF YOU DO,
 THE FIRST HIGH WIND THAT COMES ALONG WILL BLOW YOU
 AWAY, AND PROBABLY YOU WILL NEVER KNOW WHY.

GENERAL INFORMATION (Cont.)

F. OFFENSIVE TEAM STARTS

1. THE FORMING AND APPEARANCE OF THE HUDDLE.
2. PRACTICE OF SETTING IN VARIOUS FORMATIONS.
3. QUARTERBACK CALLING SIGNALS IN THE HUDDLE.
4. THE TEAM BREAKING THE HUDDLE IN UNISON.
5. THE TEAM SETTING TOGETHER AT THE LINE. GOOD STANCE WITH HEAD AND EYES UP.
6. CADENCE, CHECK-OFFS, FAKE CHECKS, AND "CHECK WITH ME'S".
7. SHIFTING OF FORMATIONS, BACKS AND ENDS.
8. EXPLODE ON THE SNAP COUNT. STRIVE TO COME OFF IN UNISON. RACE TO BE FIRST ACROSS THE LINE.
9. WORK ON BALL HANDLING AND TIMING. BALL CARRIER - GET HAND OVER POINT OF BALL.
10. FOR SYSTEMATIC WARM-UP AND CONDITIONING.
11. ALL SPRINT TEN YARDS. JOG QUICKLY BACK ALONG THE OUTSIDE. BALL CARRIER - TAKE BALL TO CENTER OR BALL BOY.
12. CENTERS - SET UP QUICKLY FOR NEXT HUDDLE.

G. TACKLING (FACE IN NUMBERS)

1. IN A BALL GAME, WE TACKLE ANY WAY WE CAN GET THE BALL CARRIER. NOTHING SETS THE TEMPO LIKE A GOOD, SHARP HIT, AND GANG TACKLING! FIRST MAN - HIT THROUGH. SECOND MAN - STRIP HIM AND GET THE BALL. THIRD MAN - FINISH HIM OFF. THIS IS ANOTHER WAY WE CAN GAIN AN EDGE AND SET THE TEMPO.
2. TO ACHIEVE THIS MARK, WE TEACH THE FOLLOWING TECHNIQUES IN MAKING AN INDIVIDUAL TACKLE:
 - a. TAKE A GOOD, FUNDAMENTAL POSITION. BE UNDER CONTROL AND COCKED.
 - b. GET CLOSE. PUT FACE IN NUMBERS.
 - c. EXPLODE UP AND THROUGH THE BALL CARRIER. USE YOUR WHOLE BODY TO "POP" HIM.
 - d. GRAB ANYTHING YOU CAN GET HOLD OF. WRAP HIM UP AND CONTINUE TO RUN THROUGH HIM.
3. THERE ARE VERY FEW HEAD-ON TACKLES MADE. SO, MUCH OF OUR PRACTICE WILL BE FROM AN ANGLE. GIVE THE BALL CARRIER ONLY ONE WAY TO GO. WE WILL USE THE SAME TECHNIQUES, WITH EMPHASIS BEING ON HEAD IN FRONT AND FACE IN NUMBERS OF THE BALL CARRIER, USING THE SAME DRIVING FORCE UP AND THROUGH HIM.

H. THE BULL SLED

1. WORK WITH THE SLED TIED DOWN OR FREE AND WITH THE COACH EITHER ON OR OFF THE SLED.
2. WITH THE BULL SLED, WE CAN BOTH TEACH AND PRACTICE THE FUNDAMENTAL TECHNIQUE OF MAKING INITIAL CONTACT WITH THE HEAD FIRST.

GENERAL INFORMATION (Cont.)

3. IT IS DONE TO DEVELOP FORM AND TECHNIQUE WHICH WE WILL USE CONTINUALLY THROUGHOUT THE SEASON.
4. IT IS DONE TO DEVELOP ATTITUDE OF BLOWING PEOPLE OFF THE LINE OF SCRIMMAGE AND BACKS BLOCKING ON LINEBACKERS.
5. IT IS DONE TO DEVELOP TIMING OF "POP" AND TO PRACTICE COMING OFF THE BALL TOGETHER. WORK TO STRIKE A BLOW, NOT JUST PUSH ON THE MACHINE. STAND THE MACHINE UP AS IF TO TURN IT OVER (CLIMB).
6. THE FOLLOW-UP COMES BY KEEPING THE FEET MOVING (FEET SPREAD), AND BY "CLIMBING" THE SLED AFTER THE HIT.
7. WHEN WORKING FROM THE KNEES, YOU ARE CONCENTRATING ON GETTING THE FEEL OF UNCOILING YOUR BODY, HITTING WITH HEAD IN THE MIDDLE. ALSO, WORK HERE TO GET GOOD ARM LIFT AND POP.
8. WHEN WORKING FROM STANCE, ALWAYS CHECK YOUR STANCE. NOTE POISE, WEIGHT DISTRIBUTION, GETTING OFF ON COUNT, INTENSITY OF BLOW, APPROACH, CONTACT, CLIMB, FOLLOW-THROUGH.
9. WE WILL WORK ON ROLL-OFF CHARGE, STEP CHARGE, OR PULLING TECHNIQUE. USING DIP BEFORE HIT.
10. WORK ALONE OR IN PAIRS. INDIVIDUAL COACHES WILL DESCRIBE DRILLS. FOLLOW THEIR INSTRUCTIONS. ALWAYS USE CADENCE WHEN HITTING THE SLED.

I. THE "MAT-LINE" (BACKS AND ENDS)

1. TO DEVELOP TIMING IN BALL HANDLING. THE CANVAS IS A DUMMY OFFENSIVE LINE USED FOR SPACING.
2. TO CHECK THAT BACKS ARE HITTING IN THE CORRECT HOLES.
3. RUN HARD. MAKE IT JUST LIKE IN THE GAME.
4. CONES ARE USED TO APPROXIMATE PASSING LANES.

J. CONTROLLED STATIONARY SCRIMMAGE

1. THIS WORK IS VITAL FOR THE DEFENSE AS WELL AS THE OFFENSE. BOTH HAVE DEFINITE RESPONSIBILITIES.
2. WEAR AND USE ALL EQUIPMENT ASSIGNED.
3. THE DEFENSE SHOULD GO AT TWO-THIRDS SPEED. GIVE ADEQUATE RESISTANCE. MOVE WITH YOUR OPPONENT. HAVE A CONTROLLED CHARGE, FLOW WITH THE PLAY.
4. THE OFFENSE BLOCKS AND RUNS "ALL OUT" AT ALL TIMES. IT IS A WORTHLESS DRILL IF WE DO NOT CONCENTRATE ON TIMING UNDER GAME CONDITIONS.
5. IF THE BALL IS FUMBLED, GO COVER IT.
6. WHEN DUMMIES ARE USED FOR DOWNFIELD BLOCKING, BLOCKERS MUST KNOCK THE DUMMY DOWN IN THE AREA AHEAD OF THE BALL CARRIER, THEN STAND IT UP FOR THE NEXT PLAY.
7. GOOD BACKS RUN AT LEAST 20 YARDS BEYOND THE DEEPEST DEFENSIVE MAN AND MAKE AT LEAST TWO BODY OR HEAD FAKES. FAKING BACKS MUST CARRY OUT FAKES BEYOND THE LINE OF SCRIMMAGE. MAKE THIS A HABIT.

GENERAL INFORMATION (Cont.)

8. OFFENSE MUST CONSTANTLY WORK TO EXPLODE ON SNAP COUNT. BEAT YOUR OPPONENT OFF THE BALL. THIS IS THE FIRST STEP IN THE EXECUTION OF A PERFECT PLAY.
9. DEFENSIVE UNIT MUST KNOW OPPONENT'S DEFENSES TO GIVE THE OFFENSE A GOOD PICTURE. THIS IS CRITICAL IN ORDER TO PREPARE PROPERLY.
10. USE A TWO-HAND TAP TO SHOW A TACKLE COULD HAVE BEEN MADE. LET THE BALL CARRIER RUN DOWNFIELD AFTER YOUR TAP. ATTEMPT TO STRIP THE BALL.
11. THE BALL CARRIER WILL RETURN THE BALL TO THE CENTER OR BALL BOY FOR THE NEXT PLAY.

K. DEFENSIVE TEAM STARTS

1. TO FORM AND IMPROVE APPEARANCE OF THE HUDDLE.
2. TO GIVE SIGNAL CALLER AN OPPORTUNITY TO MAKE A DEFENSIVE CALL AND GIVE THE FORMATION AND STRENGTH CALL.
3. TO GIVE TEAM AN OPPORTUNITY TO BREAK THE HUDDLE.
4. TO REVIEW THE ALIGNMENT AND ASSIGNMENT. USUALLY A BLITZ CALL WILL BE MADE, BUT YOU MAY VARY THE CALL. PRACTICE AUDIBLE CALLS.
5. TO IMPROVE STANCE AND READINESS TO MOVE, WATCH THE BALL.
6. USE THE OPPONENT'S CADENCE TO EMPHASIZE MOVEMENT ON THE BALL AND NOT THE SOUND OF THE QUARTERBACK'S VOICE. DEEP BACKS WILL BEGIN BACKPEDAL FOR AT LEAST FOUR YARDS, THEN RECOVER AND RUN FORWARD.
7. ON BLITZ CALL - COORDINATE THE LINE AND LINEBACKERS. DEEP BACKS SIMULATE THE BUMP AND RUN OR REGULAR BLITZ ALIGNMENT.
8. ON REGULAR DEFENSIVE CALLS - THE LINE WILL REACT TO MOVEMENT. LINEBACKERS AND DEEP BACKS SIMULATE PASS DROP, RECOVER, AND RUN FORWARD.
9. A METHOD TO WARM-UP AND ESTABLISH A DEFENSIVE PRIDE. SET THE TEMPO.
10. TO IMPROVE QUICKNESS OFF THE BALL. DO NOT GUESS. WATCH THE BALL.
11. ALL SPRINT TEN YARDS. LINE AND LINEBACKERS HIT THE BLITZ QUICK. DEEP BACKS BEGIN TO BACKPEDAL, RECOVER, AND SPRINT. JOG BACK TO THE OUTSIDE AND RE-GROUP. TAKE PRIDE IN WORKING FOR QUICKNESS IN ALL THAT YOU DO. NEVER ALLOW YOURSELF TO GET CARELESS OR SLOPPY IN YOUR ACTIONS.

1982 DETROIT LIONS FINE SCHEDULE

A. SCALE OF FINES: DISCIPLINE WILL BE IMPOSED UNIFORMLY WITHIN THE CLUB ON ALL PLAYERS FOR THE SAME OFFENSE.

1. \$10.00 - OVERWEIGHT - PER POUND - PER DAY.
- NON-PAYMENT OF PERSONAL EXPENSES ON ROAD TRIPS (INCLUDING PHONE CALLS).
2. \$25.00 - ALL TELEPHONE VIOLATIONS. DO NOT USE CLUB PHONES WITHOUT EXPRESS PERMISSION.
- BE IN YOUR OWN ROOM AT 11:00 P.M.
- UNREASONABLE LOUDNESS IN ROOM, PLAYERS' RADIOS, TV OR STEREO.
- LATE FOR MEETING - UP TO 5 MINUTES.
- PARKING VIOLATIONS AT CAMP OR AT THE STADIUM.
- NON-CONFORMANCE WITH UNIFORM AT SCHEDULED PRACTICE.
3. \$50.00 - FAILURE TO OBTAIN HEAD COACH'S PERMISSION WHEN NOT RETURNING WITH TEAM FROM ROAD TRIP.
- NON-CONFORMANCE WITH UNIFORM ON GAME DAY.
4. \$100.00 - LATE FOR CURFEW. (CONSIDERED LATE UP TO ONE HOUR)
- GUEST IN ROOM AFTER CURFEW.
- FAILURE TO REPORT FOOTBALL INJURY TO CLUB PHYSICIAN OR TRAINER THE DAY AFTER GAME.
- THROWING FOOTBALL INTO STANDS (PLAYER ALSO LIABLE).
- FAILURE TO REPORT FOR SCHEDULED TREATMENT BY TRAINER.
- LATE FOR ANY SCHEDULED ACTIVITY, INCLUDING REPORTING FOR MANDATORY OFF-SEASON TRAINING CAMP, TEAM MEETING, PRACTICE, TRANSPORTATION, CURFEW, OR SCHEDULED PROMOTIONAL ACTIVITY.
- LOSING, DAMAGING OR ALTERING CLUB-PROVIDED EQUIPMENT - PLUS REPLACEMENT COST, IF ANY.
5. \$500.00 - UNEXCUSED, LATE OR FAILURE TO REPORT, OR UNAUTHORIZED DEPARTURE FOR ANY REASON FROM TRAINING CAMP, PER DAY.
- MISSED CURFEW (CONSIDERED AFTER ONE HOUR).
- EJECTION FROM GAME.
- LOSS OF ALL OR PART OF PLAYBOOK, SCOUTING REPORT OR GAME PLAN.
- UNEXCUSED MISSED TEAM MEETING, PRACTICE, SCHEDULED APPOINTMENT WITH CLUB PHYSICIAN OR TRAINER, SCHEDULED PROMOTIONAL ACTIVITY, OR MANDATORY OFF-SEASON TRAINING CAMP.
- UNEXCUSED MISSED TEAM TRANSPORTATION AND TRANSPORTATION EXPENSE, IF ANY.

6. SUSPENSION OF ONE GAME'S PAY

- AS A RESULT OF ANY PARTICULAR SERIOUS OR REPEATED CONDUCT DETRIMENTAL TO THE DETROIT LIONS FOOTBALL TEAM, THE PLAYER INVOLVED CAN BE SUSPENDED WITHOUT PAY FOR A DEFINITE PERIOD OF TIME, AND/OR FINED A MAXIMUM OF ONE GAME'S PAY.

B. REPEATED VIOLATIONS, UPON NOTICE, CAUSE THE FINES TO BE ESCALATED.

DETROIT LIONS FINE SCHEDULE (Cont.)

- C. IN ADDITION, THE COMMISSIONER MAY IMPOSE FINES (AND OTHER APPROPRIATE DISCIPLINE, UP TO AND INCLUDING SUSPENSION FROM THE LEAGUE) FOR CONDUCT ON THE PLAYING FIELD OR CONDUCT DETRIMENTAL TO THE INTEGRITY OF, OR PUBLIC CONFIDENCE IN, THE NFL OR THE GAME OF PROFESSIONAL FOOTBALL. AMONG THE TYPES OF OFFENSES FOR WHICH SUCH DISCIPLINARY ACTION MAY BE IMPOSED ARE: BETTING ON NFL GAMES, ASSOCIATING WITH GAMBLERS OR ENGAGING IN GAMBLING ACTIVITIES, ACCEPTING A BRIBE OR FAILING TO REPORT A BRIBE OFFER, IMPROPER USE OR CIRCULATION OF DRUGS, FIGHTING, COMMISSION OF FLAGRANT FOULS, LEAVING THE BENCH AREA WHILE A FIGHT IS IN PROGRESS, AND OTHER GAME-RELATED MISCONDUCT SUCH AS THROWING FOOTBALLS INTO THE STANDS.

FOR THE LATTER ACTION, THE COMMISSIONER HAS ANNOUNCED HE WILL IMPOSE A FINE OF AT LEAST ONE THOUSAND DOLLARS (\$1,000.00) ON ANY PLAYER WHO TOSSES, BOUNCES, OR HANDS A FOOTBALL INTO THE STANDS. REPEAT VIOLATIONS MAY ENTAIL EJECTION AND/OR SUSPENSION.

- D. THE ONLY LEGITIMATE EXCUSE FOR MISSING ANY SCHEDULED ACTIVITY IS PERSONAL OR IMMEDIATE FAMILY ILLNESS OR PROBLEMS. YOU MUST PHONE IN AS SOON AS POSSIBLE TO THE HEAD COACH AND BE EXCUSED BY HIM.

COACH CLARK'S PHONE NUMBERS ARE: HOME: 335-0880 (UNLISTED)
OFFICE: 858-8931
CAMP: 377-4630
EMERGENCY AT CAMP: 377-4611 (KENT FALB)

- E. ALL FINE MONEY WILL BE DONATED TO THE UNITED FUND.
- F. THE CLUB WILL PROMPTLY NOTIFY THE PLAYER OF ANY DISCIPLINE; NOTICE OF ANY CLUB FINE IN THE \$500 MAXIMUM CATEGORY AND OF ANY "CONDUCT DETRIMENTAL" FINE OR SUSPENSION WILL BE SENT TO THE NFLPA.

DETROIT LIONS CLUB RULES

1. IT IS EACH PLAYER'S RESPONSIBILITY TO BE ON TIME FOR ALL SCHEDULED ACTIVITIES.
2. WOMEN WILL NOT BE PERMITTED IN A PLAYER'S ROOM (TRAINING CAMP OR HOTEL) AT ANY TIME.
3. CURFEW IS AT 11:00 P.M. IN TRAINING CAMP, ON ROAD TRIPS AND IN DETROIT. LIGHTS ARE TO BE OUT AT THIS TIME. A PLAYER IS LATE FOR CURFEW IF HE IS NOT IN HIS ROOM AT 11:00 P.M. A PLAYER HAS MISSED CURFEW IF HE IS NOT IN HIS ROOM AND HAS NOT CONTACTED THE HEAD COACH BY PHONE OR IN PERSON WITHIN ONE HOUR OF BEDCHECK. HE HAS ALSO MISSED CURFEW IF HE LEAVES HIS ROOM AFTER BEDCHECK.
4. UNAUTHORIZED USE OF DRUGS IS PROHIBITED. USE OF MARIJUANA IS ALSO DEFINITELY PROHIBITED.
5. PLAYERS ARE NOT PERMITTED TO ASSOCIATE WITH GAMBLERS OR FREQUENT PLACES WHERE GAMBLING OCCURS.
6. AT NO TIME WILL A PLAYER BE ALLOWED TO HAVE IN HIS POSSESSION AT TRAINING CAMP OR IN THE CLUBHOUSE FIREARMS OR OTHER DEADLY WEAPONS.
7. RADIOS, STEREOS, AND TELEVISIONS SHOULD BE PLAYED AT A LOW LEVEL. YOU SHOULD BE CONSIDERATE OF OTHER PEOPLE. IF ANY OF THE ABOVE ARE FOUND TO BE TOO LOUD AT ANY TIME, THE OFFENDER WILL BE WARNED. IF THE VOLUME IS NOT TURNED DOWN, THE OFFENDER WILL BE FINED. THE SAME APPLIES AT ALL TEAM FUNCTIONS.

DETROIT LIONS CLUB RULES (Cont.)

8. BUSES, PLANES, ETC. WILL LEAVE ON TIME - MY TIME. THERE WILL BE NO HEAD COUNT OR UNNECESSARY WAITING. BE THERE. LEAVE PLENTY OF TIME TO ALLOW FOR UNEXPECTED OCCURRENCES, SUCH AS HEAVY TRAFFIC. IF TRANSPORTATION IS MISSED, PLAYER MUST SUPPLY HIS OWN, VIA THE NEXT AND QUICKEST AVAILABLE MEANS. YOU WILL ALSO BE FINED AS PER FINE SCHEDULE. YOU ARE RESPONSIBLE FOR BEING ON TIME TO ALL MEETINGS AND PRACTICES.
9. FOLLOWING A GAME, ALL PLAYERS MUST RETURN TO DETROIT WITH THE TEAM. IF YOU NEED TO STAY OVER, YOU MUST GET SPECIAL PERMISSION FROM THE HEAD COACH.
10. PLAYERS ARE RESPONSIBLE FOR PERSONAL EXPENSES INCURRED ON ROAD TRIPS. THESE EXPENSES MUST BE PAID UPON LEAVING THE HOTEL.
11. OFFICIAL WEIGH-IN WILL BE THURSDAY OF EACH WEEK (UNLESS DESIGNATED OTHERWISE). IF A PLAYER IS OVER HIS ASSIGNED WEIGHT, HE WILL BE FINED AND RE-WEIGHED EACH SUCCESSIVE DAY UNTIL HE MAKES HIS ASSIGNED WEIGHT. BE ON TIME FOR THE WEIGH-IN. IT IS YOUR RESPONSIBILITY TO BE THERE WITHOUT THE COACH CONDUCTING A SEARCH FOR YOU. THIS IS CONSIDERED A SCHEDULED ACTIVITY.
12. THE LEAGUE REQUIRES THAT EACH TEAM'S DRESS FOR A GAME BE UNIFORM. WE WILL COMPLY WITH THIS RULE.
13. THERE WILL BE NO DRINKING IN THE DORMITORIES AND NEVER IN EXCESS IN PUBLIC.
14. ALL INJURIES MUST BE REPORTED PROMPTLY AND SHOULD NOT BE DELAYED LATER THAN THE DAY AFTER THE GAME SO PROPER TREATMENT MAY BE ADMINISTERED. A SCHEDULED TREATMENT IS CONSIDERED A SCHEDULED ACTIVITY.

DETROIT LIONS CLUB POLICIES

1. THE CLUB WARNS INJURED PLAYERS ABOUT WORKING WITH OR IN THE NEAR PROXIMITY OF REGULAR PRACTICING SQUAD MEMBERS IN SUCH A MANNER THAT RE-INJURY COULD OCCUR. IF NEGLIGENCE IS SHOWN, THE CLUB WILL NOT ASSUME ANY OBLIGATION.
2. BREAKFAST IS OPTIONAL, UNLESS ANNOUNCED OTHERWISE BEFOREHAND. OTHER MEALS WILL BE CONSIDERED TEAM MEETINGS AND MUST BE ATTENDED UNLESS EXCUSED BY THE HEAD COACH. FOOTBALL JERSEYS AND HATS ARE NOT TO BE WORN IN THE DINING ROOM. SHOES OR SANDALS WILL BE WORN. IN CAMP, GUESTS MAY BE ALLOWED ON A VERY LIMITED BASIS WITH ADVANCE PERMISSION FROM HEAD COACH ONLY.
3. AUTOMOBILES ARE PERMISSIBLE WITH THE UNDERSTANDING THAT THEY ARE TO BE USED PROPERLY. ADHERE TO PARKING REGULATIONS AT CAMP AND AT THE STADIUM.
4. SMOKING - USE OWN GOOD JUDGMENT. CIGARS OUTSIDE ONLY. NO SMOKING, EATING OR DRINKING IN TRAINING ROOM OR MEETING ROOMS. NO BURNING OF INCENSE IN ROOMS OR HOTELS.
5. CARD GAMES SHOULD BE KEPT TO PENNY-ANTE TYPE POTS. BIG LOSSES CAN ONLY LEAD TO HARD FEELINGS. CARD GAMES ON THE AIRCRAFT ARE PERMITTED WITH THE ABOVE LIMITATION, AS LONG AS PLAYERS ARE NOT STANDING IN THE AISLES OR SITTING ON ARM RESTS.

DETROIT LIONS CLUB POLICIES (Cont.)

6. MODERATION IN DRESS AND PERSONAL APPEARANCE IS ACCEPTABLE WITHIN TEAM LIMITS. WE WANT TO TAKE INTO ACCOUNT MODERN STYLES AND CUSTOMS. AS LONG AS THIS IS NOT ABUSED, WE CAN CONTINUE TO TRAVEL WITHOUT THE NECESSITY OF REQUIRING COATS AND TIES. SHOULD WE FIND INDIVIDUALS ARE TAKING ADVANTAGE OF THIS RULE AND OUR APPEARANCE BEGINS TO SAG, WE MAY HAVE TO BE MORE RESTRICTIVE AND GO BACK TO REQUIRING COATS AND TIES. DON'T RUIN IT FOR THE OTHERS. THINK OF THE TEAM FIRST, THEN YOURSELF. DO NOT BE TOO CASUAL OR INFORMAL. EXAMPLE: NO BASEBALL HATS, JEANS OR SANDALS. THIS DRESS CODE IS FOR ALL HOTELS AND TRAVEL - HOME AND AWAY.
7. PLAYERS SHALL NOT WRITE OR SPONSOR MAGAZINE ARTICLES OR ENDORSE ANY PRODUCT WITHOUT THE CONSENT OF THE CLUB. PLAYERS ARE NOT TO MAKE DETRIMENTAL STATEMENTS IN NEWSPAPERS, ON RADIO OR TELEVISION SHOWS. INTERNAL PROBLEMS THAT ARISE SHOULD BE DEALT WITH PRIVATELY.
8. NO PLAYER APPEARANCES AFTER WEDNESDAY. CURFEW IS IN EFFECT. LONG DISTANCE TRIPS SHOULD NOT BE SCHEDULED. WORK THROUGH OUR P.R. PEOPLE.
9. IN CAMP OR AFTER GAMES, VISITORS TO OUR LOCKER ROOM MUST BE DISCOURAGED AND KEPT TO AN ABSOLUTE MINIMUM. ANY VISITORS MUST BE CLEARED BY THE COACHES.
10. NO MESSAGES OR TELEGRAMS WILL BE DELIVERED TO A PLAYER BEFORE A GAME, EXCEPT IN AN EMERGENCY.
11. THE CAPTAINS AND/OR PLAYER REPS MAY, AT ANY TIME, MEET WITH THE HEAD COACH ON MATTERS IMPORTANT TO OUR FOOTBALL TEAM. IN ADDITION, ANY INDIVIDUAL PLAYER WHO FEELS HE HAS BEEN TREATED UNJUSTLY MAY DISCUSS IT WITH THE HEAD COACH. COME TO ME FIRST. IF YOU HAVE A CONCERN, I DON'T WANT TO LEARN ABOUT IT FROM THE MEDIA OR SOMEONE ELSE THE FIRST TIME.
12. KEEP LOCKER ROOMS CLEAN. YOU ARE PROVIDED A PLACE TO DEPOSIT DIRTY CLOTHING AND TAPE. USE THESE CONTAINERS AND TAKE PRIDE IN KEEPING OUR LOCKER ROOMS CLEAN.
13. NO PLAYERS SHALL BE PERMITTED IN ANY BAR IN THE HOTEL OR MOTEL WHERE THE TEAM IS QUARTERED, OR AT THE AIRPORT DURING TEAM TRAVEL.

CHAPEL PROGRAM

THE PURPOSE OF THE DETROIT LIONS CHAPEL PROGRAM IS TO MAKE A SPIRITUAL INVESTMENT INTO THE LIFE OF EACH PLAYER THAT WILL IN TURN IMPROVE THE CHARACTER OF THE TEAM. THE FOCUS OF THE CHAPEL PROGRAM IS ON JESUS CHRIST, THE GOD-MAN, AND SAVIOR OF THE WORLD. A LIFE IN CHRIST IS THE ULTIMATE LIFESTYLE AND WILL PRODUCE QUALITY LIVING. HE CHRISTIAN PRINCIPLES TAUGHT IN EACH CHAPEL SERVICE AND BIBLE STUDY WILL ASSIST EACH PLAYER IN THE AREAS OF SPIRITUALITY, CHARACTER, PERSONAL DIGNITY, COURAGE, CONFIDENCE, ENDURANCE, PATIENCE, MOTIVATION, FAMILY ENRICHMENT AND MATURITY. THE CHAPEL PROGRAM IS DESIGNED TO MAKE YOU SUCCESSFUL IN LIFE.

WHEN: HOME CHAPELS WILL BE AT THE SOMERSET INN THE NIGHT BEFORE THE GAME UNLESS OTHERWISE ANNOUNCED. AWAY CHAPELS WILL BE 4½ HOURS BEFORE GAME TIME UNLESS OTHERWISE ANNOUNCED. BIBLE STUDIES WILL BE EVERY THURSDAY NIGHT AT A DIFFERENT PLAYER'S HOME (TO BE ANNOUNCED).

WHO ARE CHAPEL LEADERS: JOE EHRLMANN
WILLIAM GAY

WHY I SHOULD NOT COME: I BELIEVE IT IS CLEAR WHY EVERY PLAYER SHOULD TAKE PART IN THE CHAPEL PROGRAM. NOW, I WANT TO SHARE WITH YOU A FEW OF THE REASONS WHY SOME PLAYERS DID NOT TAKE PART IN THE CHAPEL PROGRAM LAST YEAR. THESE COMMENTS WERE SHARED WITH ME PERSONALLY, THEREFORE, I'VE GIVEN MY PERSONAL RESPONSE.

COMMENT: I DON'T WORSHIP THE SAME WAY YOU DO.

RESPONSE: THIS COMMENT WAS MADE BY SOMEONE WHO DIDN'T ATTEND CHAPEL ALL YEAR. HOW DID HE KNOW THE WAY WE WORSHIP IF HE NEVER CAME? I WOULD LIKE TO SEE EVERY PLAYER ATTEND CHAPEL. EVEN IF YOU DO NOT BELIEVE IN GOD OR CHRISTIANITY, THE PRINCIPLES THAT ARE TAUGHT WILL CONTRIBUTE TO SUCCESSFUL LIVING. PLUS, IT GIVES US A TEAM UNITY.

COMMENT: I KNOW SOME OF YOUR "CHAPEL PEOPLE", AND I DO NOT LIKE THEM.

RESPONSE: I MUST ADMIT I HAVE MET SOME CHRISTIANS THAT I DO NOT LIKE. HOWEVER, THAT IS ONE OF THE PURPOSES OF CHAPEL; TO PROMOTE UNITY AND HARMONY. GOD'S LOVE CAN OVERCOME A LOT OF HATE AND BITTERNESS.

COMMENT: I COULD NEVER LIVE THE CHRISTIAN LIFE LIKE PEOPLE EXPECT, AND I DO NOT WANT TO BE A PHONY.

RESPONSE: JESUS SAID, "LET HIM WITHOUT SIN CAST THE FIRST STONE." WE ALL SIN, MAKE MISTAKES, AND HAVE PROBLEMS. THERE ARE NO SAINTS IN OUR CHAPEL PROGRAM, AND NO ONE WILL CALL YOU A PHONY. WE ALL NEED THE HELP AND ENCOURAGEMENT. AND BESIDES, WITH GOD'S HELP, IT MIGHT SURPRISE YOU HOW MUCH YOU CAN LEARN AND PRACTICE ABOUT SUCCESSFUL LIVING.

COMMENT: I DO NOT HAVE TIME FOR IT.

RESPONSE: THIS COMMENT WAS MADE MISTAKENLY. IF SOMETHING ENRICHES OUR LIVES, BUILDS CHARACTER, GIVES CONFIDENCE, PROMOTES UNITY, AND INTRODUCES US TO QUALITY LIVING AS WELL AS INTERNAL LIFE, WE BETTER MAKE TIME FOR IT.

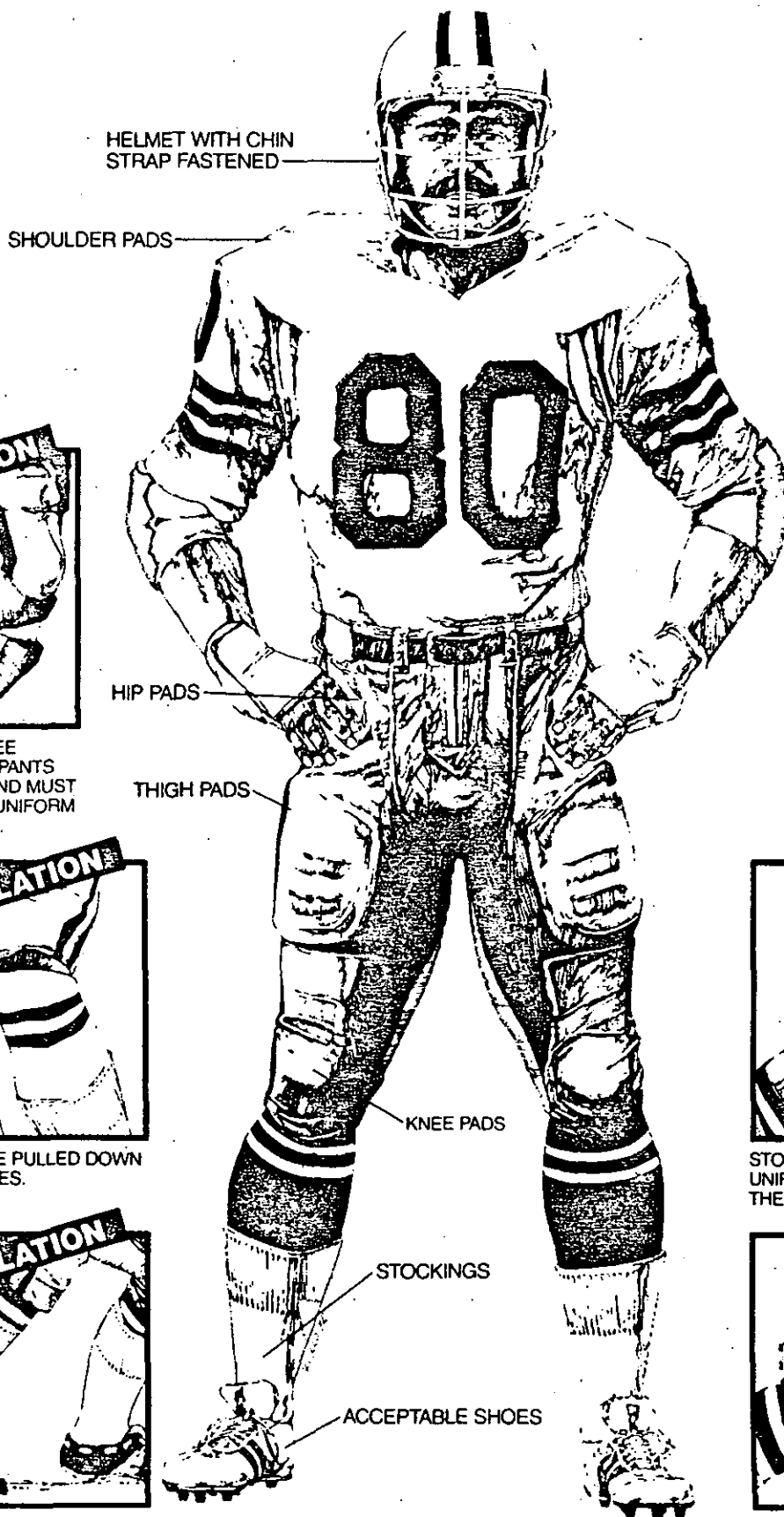
HOPE TO SEE YOU IN CHAPEL - GOD GO WITH YOU.


JOHN CANINE

I WOULD LIKE TO INVITE AND ENCOURAGE YOUR ATTENDANCE TO OUR CHAPEL PROGRAM. I FEEL INVOLVEMENT IN THIS PROGRAM CAN BE A POSITIVE FORCE FOR OUR TEAM UNITY AND IN CONTRIBUTING TO THE GENERAL SUCCESSFUL LIVING OF EACH OF US.


COACH MONTE CLARK

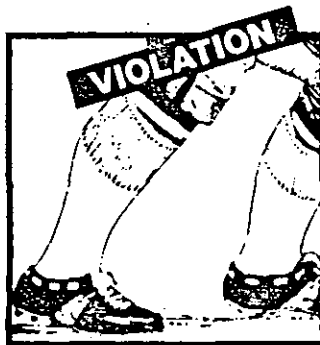
NFL UNIFORM CODE AND MANDATORY EQUIPMENT RULES



BASKETBALL-TYPE KNEE PADS MUST HAVE THE PANTS PULLED OVER THEM AND MUST MATCH IN COLOR THE UNIFORM PORTION THEY COVER.



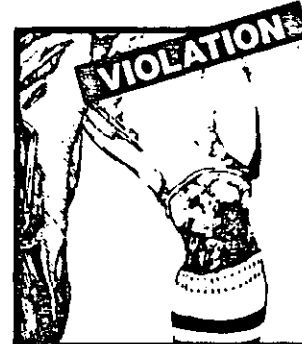
PANTS MUST BE PULLED DOWN OVER THE KNEES.



THE DESIGN OF THE UNIFORM STOCKINGS MUST NOT BE OBLITERATED BY OTHER STOCKINGS.



SLEEVES MUST NOT BE TORN CUT SO THAT HARD SURFACE OF THE PADS ARE EXPOSED.



THE KNEE AREA OF THE PANT MUST NOT BE ALTERED OR CUT AWAY.



STOCKINGS MUST MEET THE UNIFORM PANTS BELOW THE KNEE.



TAPE USED ON SHOES OR STOCKINGS MUST EITHER BE TRANSPARENT OR OF A MATCHING COLOR.

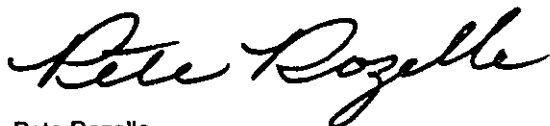
NFL UNIFORM CODE POLICY AND MANDATORY EQUIPMENT RULES

In the interest of safety, as well as professional appearance, the NFL will continue to emphasize strict equipment and uniform code policies.

The following uniform code policy applies to all NFL games, and is in effect throughout the game period, including pregame warmups.

1. Tape used on shoes or at the top of the stockings must be of the same color as the shoe or stocking, or must be of a transparent nature.
2. Uniform stockings must be worn in a manner to cover the lower leg, and must meet the uniform pants below the knee.
3. The design of the uniform stockings must not be covered with other stockings, i.e., sweat socks worn from ankle to knee over the uniform stockings.
4. The uniform jersey must be tucked inside the top of the pants and remain tucked in throughout the game.
5. Tearaway jerseys are prohibited.
6. Only club-issued attire may be worn while on the playing field or in the bench area.
7. All players appearing on the field in any pregame warm-up must wear their complete game uniforms, with the exception that pads and helmets shall be at the team's option.
8. Each club will seek uniformity of shoe color.

Violations of the above shall result in disciplining action against the involved member club.



Pete Rozelle
Commissioner

MANDATORY EQUIPMENT RULES

(Article 2, Rule 5, Section 3 of the NFL Playing Rules)

Article 2. Teams are required to dress in a professional and suitably protective manner, both for warm-ups and during the game. Teams that improperly wear or alter equipment are subject to penalty by rule and possible subsequent fine by the Commissioner. No part of the total area of the uniform, including helmet, may be cut away or altered to significantly change its general appearance.

All players must wear the following, which equipment must be of a suitable protective nature:

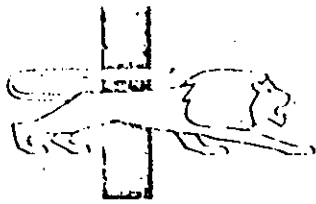
- (a) Helmet with chin strap fastened.
- (b) Shoulder pads.
- (c) Hip pads.
- (d) Thigh pads.
- (e) Knee pads.
- (f) Stockings.
- (g) Acceptable shoes (exception: Kicking without a shoe is permissible).

Illegal items include:

- (a) Altering or cutting away the knee area of the pants.
- (b) Torn equipment creating a safety hazard.
- (c) Basketball-type knee pads that are not covered by the outer uniform. If a player has his uniform pants pulled over these pads, but a small portion of the pad is exposed below, he will be regarded as illegally equipped only if the pad is of a different color from the part of the stocking it covers.
- (d) Hard surfaces of shoulder pads that are exposed.
- (e) Tearaway jerseys.
- (f) Hard or soft hip pads that are not covered by the outer uniform.

Penalty:

- (a) For illegal equipment while a player: Suspension from succeeding play after discovery. He may re-enter when legally equipped after one down. Special disciplinary action for use of tearaway jersey may be taken by the Commissioner under his jurisdiction over competitive violations.
- (b) For illegal return of a suspended player: Loss of five yards and disqualification until properly equipped.



DETROIT LIONS

THE DETROIT LIONS, INC. 100 LEATHERSTONE / BOX 400 / PONTIAC, MICHIGAN 48057 / (313) 335-4131

NOTICE

TO ALL DETROIT LIONS PERSONNEL

ANY INTENTIONAL OR RECKLESS VIOLENCE OUTSIDE THE RULES OF THE NATIONAL FOOTBALL LEAGUE WILL NOT BE TOLERATED BY COACH MONTE CLARK AND THE DETROIT LIONS. SUCH AN ACT IS CONSIDERED CONDUCT DETRIMENTAL TO PROFESSIONAL FOOTBALL. THIS STATEMENT HEREBY NOTIFIES ANY MEMBER OF THE DETROIT LIONS ORGANIZATION THAT HE WILL BE DISCIPLINED UNDER SECTION A, PARAGRAPH 6 OF THE 1982 DETROIT LIONS FINE SCHEDULE; THE PLAYER IS ALSO SUBJECT TO A FINE BY THE COMMISSIONER, AS DEFINED IN SECTION C OF THE 1982 DETROIT LIONS FINE SCHEDULE.



STATEMENT OF THE NFL COMMISSIONER
CONCERNING PLAYING-FIELD MISCONDUCT

"Violence," as Webster defines it and as the public perceives it, is conduct characterized by "extreme and sudden ... unjust or improper force." It has no proper place in professional football.

The essence of NFL football is action — controlled action taking place within a framework of carefully developed rules. These rules are designed to promote healthy competition among skilled athletes, which in turn creates and sustains the entertainment qualities and fan interest on which the success of our game depends.

Flagrant personal fouls are clearly outside the rules and are often calculated either to disable opposing players or to "intimidate" them into less effective performance. Such fouls frequently entail an unreasonable risk of unnecessary injury to opposing players, and potentially unfortunate consequences to the victim's teammates and coaches as well. They do not belong in professional football, and will not be tolerated by this office.

Any "intimidation" on the playing field must result from superior performance within the rules — not from calculated or unbridled violence.

Accordingly, all players, coaches and clubs are reminded that unnecessary violence outside the rules of the game will be cause for serious League discipline up to and including multi-game suspension, whether or not it is detected by the game officials.

PETE ROZELLE
Commissioner

May, 1982

COOPERATION WITH THE MEDIA

REASONABLE COOPERATION WITH THE NEWS MEDIA IS ESSENTIAL TO THE CONTINUING POPULARITY OF OUR GAME AND ITS PLAYERS.

IT IS IMPORTANT THAT EACH COACH AND PLAYER BE COURTEOUS AND PROMPT IN ASSOCIATIONS AND APPOINTMENTS WITH RADIO AND TELEVISION BROADCASTERS AND NEWSPAPER REPORTERS. PLEASE RECOGNIZE THAT EACH MEMBER OF THE MEDIA, LIKE YOU, HAS A JOB TO PERFORM.

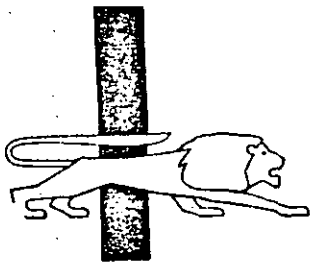
A PLAYERS'S OBLIGATION TO OFFER THAT REASONABLE COOPERATION IS SET FORTH IN HIS NFL PLAYER CONTRACT, PARAGRAPH 4 OF WHICH READS IN PART: "PLAYER WILL COOPERATE WITH THE NEWS MEDIA AND WILL PARTICIPATE UPON REQUEST IN REASONABLE PROMOTIONAL ACTIVITIES OF CLUB AND LEAGUE." THIS IS UNDERScoreD IN THE COLLECTIVE BARGAINING AGREEMENT, IN WHICH THE NFL PLAYERS ASSOCIATION PLEDGES TO "USE ITS BEST EFFORT TO SEE THAT PLAYERS COOPERATE WITH THE CLUBS AND THE NEWS MEDIA IN REASONABLE PROMOTIONAL ACTIVITIES ON BEHALF OF THE CLUBS AND THE NFL."

EACH CLUB HAS BEEN INSTRUCTED BY THE COMMISSIONER TO REMIND EACH NFL PLAYER OF HIS OBLIGATIONS UNDER HIS CONTRACT, HIS UNION AGREEMENT, AND CLUB AND LEAGUE POLICIES. IN CASES OF SIGNIFICANT VIOLATIONS THAT INVESTIGATION CONFIRMS, CLUB MAY BE FINED NO LESS THAN \$500.00 FOR EACH INCIDENT ESCALATING TO MORE SERIOUS DISCIPLINARY ACTION FOR CONSISTENT VIOLATORS.

THE PUBLIC RELATIONS DEPARTMENT OF THIS ORGANIZATION IS ABLE TO ASSIST YOU AT ALL TIMES IN YOUR DEALINGS WITH THE MEDIA. TO THIS END, THE PUBLIC RELATIONS STAFF WILL MAKE AN EFFORT TO ARRANGE APPOINTMENTS WHICH WILL SERVE YOUR BEST INTERESTS AND BE OF VALUE TO YOU NOT ONLY DURING YOUR NFL YEARS BUT ALSO IN YOUR PERSONAL BUSINESS ENDEAVORS. WHEN YOU AGREE TO AN APPOINTMENT, IT IS THEN YOUR OBLIGATION TO FULFILL THAT PROMISE. IN ORDER TO AVOID NUMEROUS TELEPHONE EXCHANGES, OFTEN CROSS-COUNTRY, WE STRONGLY URGE YOU TO RETURN TELEPHONE REQUESTS FOR INTERVIEWS AS PROMPTLY AS POSSIBLE.

YOU ARE REMINDED THAT THE MEDIA IS A DIRECT LINK BETWEEN YOU AND THE FANS WHO SUPPORT OUR GAME. THEREFORE, IT IS IMPORTANT TO YOU AND THIS ORGANIZATION THAT YOU PRESENT YOURSELF IN A MANNER AND STYLE TO WHICH YOU ARE ACCUSTOMED TO BEING RECEIVED AND TREATED.

IN REGARDS TO THE MEDIA, LET'S BE SURE WE TAKE A FAMILY-LIKE APPROACH. THIS IS - LET'S DISCUSS ANY PROBLEMS PRIVATELY RATHER THAN AIRING THEM OPENLY IN PUBLIC. KEEP IN MIND THAT LOYALTY IS A "TWO EDGED SWORD" - IT CUTS BOTH WAYS."



DETROIT LIONS

THE DETROIT LIONS, INC. 1200 FEATHERSTONE / BOX 4200 / PONTIAC, MICHIGAN 48057 / (313) 335-4131

MEMORANDUM

TO: ALL PLAYERS

FROM: RUSS THOMAS

DATE: JULY 1982

RE: NOTICE ON PLAYER ENDORSEMENTS, ARTICLES
AND APPEARANCES

The Club Rules and Regulations which are part of your Standard Player Contract provide:

"Players shall not write or sponsor magazine articles, or endorse any product or service or appear on or participate in any radio or television program without the consent of the Club."

In order to protect you and the Club from embarrassing legal complications, this rule must be strictly observed and players must obtain advance approval from the Club of any magazine or newspaper article which they sponsor or write, any product or service endorsements, and any radio and television appearances. It will be the policy of the Club to grant permission when requested, provided state and federal legal requirements are met. Requiring Club approval is for your protection.

NFL DRUG PROGRAM

The Management of this club is determined to keep its players and other personnel free from alcohol and drug abuse. Therefore, we will offer appropriate professional assistance to any employee who experiences a problem with drugs or alcohol.

The athlete owes it to himself to protect his good health during his playing year and thereafter. All should know that drug abuse carries with it the threat of serious illness and other health hazards. For example, each year in the U.S., only heart disease and cancer cause more deaths than alcohol.

Although the physical dangers of drug abuse are great, all personnel should keep in mind that it also may result in criminal prosecution.

The success of professional football is based on its widespread appeal. The image which the public has of NFL players would be damaged if fans -- particularly young people -- felt that any player is substituting drugs for hard work and dedication. There is no place on this club or in the League for players who attempt to make that substitution.

There is absolutely no scientific evidence to support the idea that the skills necessary for playing football are enhanced by drug use. Medical evidence indicates quite the opposite. It has been proven that stimulants and depressant drugs, including alcohol, impair reaction time and other motor skills, not improve them.

This club participates in and fully supports the comprehensive NFL Drug Program. The essentials of this program are set forth below:

1. Medical Aid Program. The NFL and its member clubs have arranged for professional rehabilitation for employees who suffer from drug abuse or alcoholism. If you have such an illness, it is up to you to seek this assistance. You can be assured that your problem will be handled discreetly and through proper channels. Employees who do not seek this assistance may be subject to mandatory medical treatment.
2. Drug Incidents. The operating head or the head coach of each club is responsible for immediately reporting to the League office any incident in which players or other personnel are involved or alleged to be involved in the improper use of drugs or alcohol. The NFL Security Department will investigate all such incidents.
3. Prescription Drug Reporting. Each club is required to submit to the League office an initial and a final inventory of all club prescriptions and physician dispensed medication, plus invoices for all prescription drugs purchased during the season.
4. Non-Club Medication. To increase medical protection of players, each player is required to notify his club physician promptly of any prescription medication obtained from other than club sources.
5. Disciplinary Action. The Commissioner may take disciplinary action, up to and including suspension from the League, against club personnel who fail to comply with the NFL's Drug Program.

William Clay Ford
Club President

John P. Thomas
General Manager

Monte D. Clark
Head Coach

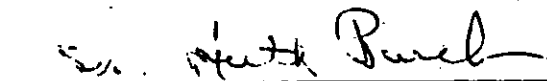
May, 1982

MEDICINE FOR THE DETROIT LIONS

One of the most commonly abused drugs in our society today is the stimulant variety from the amphetamine family, better known as the "pep pill" or "diet pill". This particular type of drug, regardless of the amount taken, has never been shown to improve performance on the athletic field. The stimulant effects may make the user feel that he is playing better, but in actual fact this is not true. Serious side effects can occur on the heart, pulse, and blood pressure, as well as withdrawal or "coming down" from the drug, especially on repeated and prolonged usage. This can be especially dangerous if a player is injured and requires anesthesia for surgery. As your team doctors, we do not condone the use of these drugs by any player nor will their use be sanctioned in the foreseeable future.

Should there be any questions about these policies or about the use of drugs, we will be happy to discuss them in private with the individual player.


Dr. Robert Teitge, MD


Dr. Keith Burch, MD

Die For Drug Abuse

Blain 661-6117 SB
349-0345 home

TO: MEMBERS OF THE DETROIT LIONS

FROM: DRS. TEITGE AND BURCH

SUBJECT: POLICY STATEMENTS REGARDING THE CARE OF BALL PLAYERS

As team physicians for the Detroit Lions, our primary responsibility is to assure the delivery of quality medical care. In 1982 this demands a multidisciplinary approach. This simply means that no single physician is capable of administering to all the special needs of the professional football player. The Medical Department of the Detroit Lions have available the consultative services of a number of highly qualified physicians to meet specific medical needs. This effort is coordinated through your team physicians. We consider each member of the Lions as a private patient.

Treatment not infrequently is coordinated through the efforts of the Detroit Lions Trainers, Kent Falb and Joe Recknagel. They have the prerogative to render certain nonprescription medications. However, all prescription medications can only be given under a physician's direct order and this is appropriately recorded in your medical record.

Both the physicians and the athlete realize that there are many unique aspects involved in the term "Sports Medicine". The Medical Department strives for the ideal of rehabilitating the injured athlete as quickly as possible. Because of required game skills, positions played, and other factors, the temporal sequence may vary greatly. Our goal is full return of function, freedom from discomfort, return to play, and prevention and reduction of later problems. All treatment rendered is intended to be in the best interest of good patient care and is not compromised in an attempt to return the athlete to the field of play. We wish to restate our philosophy that each individual will be fully informed of the nature of injury, the options of treatment, and the professional estimation of the risks involved in treatment. You are encouraged to communicate any apprehensions you may have in regard to the conduct of your treatment.

GAMBLING

The subjects of bribes and gambling are covered each summer in special training-camp discussions with players by members of the League's Security Department. You should be familiar with Paragraph 15 of your NFL Player Contract, which focuses on these and related subjects, as well as with the text of the following sign which is posted in every NFL lockerroom:

N O T I C E

TO NATIONAL FOOTBALL LEAGUE PERSONNEL

Bribes and Gambling

Among the types of conduct detrimental to the NFL and professional football that call for serious penalties are the following:

- (1) Accepting a bribe or agreeing to throw or fix a game or to illegally influence its outcome;
- (2) Failing to promptly report any bribe offer or any attempt to throw or fix a game or to illegally influence its outcome;
- (3) Betting on any NFL game;
- (4) Associating with gamblers or with gambling activities in a manner tending to bring discredit to the NFL.

Any such conduct may result in severe penalties, up to and including a fine and/or suspension from the NFL for life.

PETE ROZELLE
Commissioner

May, 1982

1982 NFL RULE CHANGES

1. Although there is no change in the try-for-point rule, the language was revised.
2. Reduced the penalty for incidental grasp of the face mask by the defense from a loss of five yards and a first down to a loss of five yards only.
3. Further clarified the definition of legal reception of a forward pass and specified that there is no possession when the ball comes loose simultaneously with the receiver performing acts necessary to establishing possession.
4. Clarified the rule that there is no interference if there is any question that the action causing incidental interference is simultaneous to the pass being touched.
5. Required players to cover their hip pads with their outer uniform.
6. Established officiating mechanics for timing the 10-second count when it becomes necessary by rule.
7. The offensive team will no longer be required to show a double shift three times in the game outside the opponent's 20-yard line before it uses a double shift inside the 20-yard line.
8. Eliminated the provision in the rule book that allowed coaches to mutually agree upon shortening the length of a game.
9. Reduced the penalty for an illegal bat or kick from a loss of 15 yards to a loss of 10 yards.
10. Gave clubs the option of marking the solid white border surrounding the field wider than the present six feet.

Additional Rules Passed June 2, 1982

11. Prohibited players from discarding loose towels on playing field. However, players are permitted to wear small towels to or tucked into their pants.
12. Further clarified the unnecessary roughness rule to make it clear it is illegal for any player to use the crown or top of his helmet against a passer, a receiver in the act of catching a pass or a runner who is in the grasp of a tackler.

POSITIONS OF GAME OFFICIALS

SIDE JUDGE

C

HEAD LINESMAN



W

E

T

M

T

E

S

UMPIRE

FIELD JUDGE

BACK JUDGE

C

LINE JUDGE



REFEREE

CHAIN

BENCH ORGANIZATION

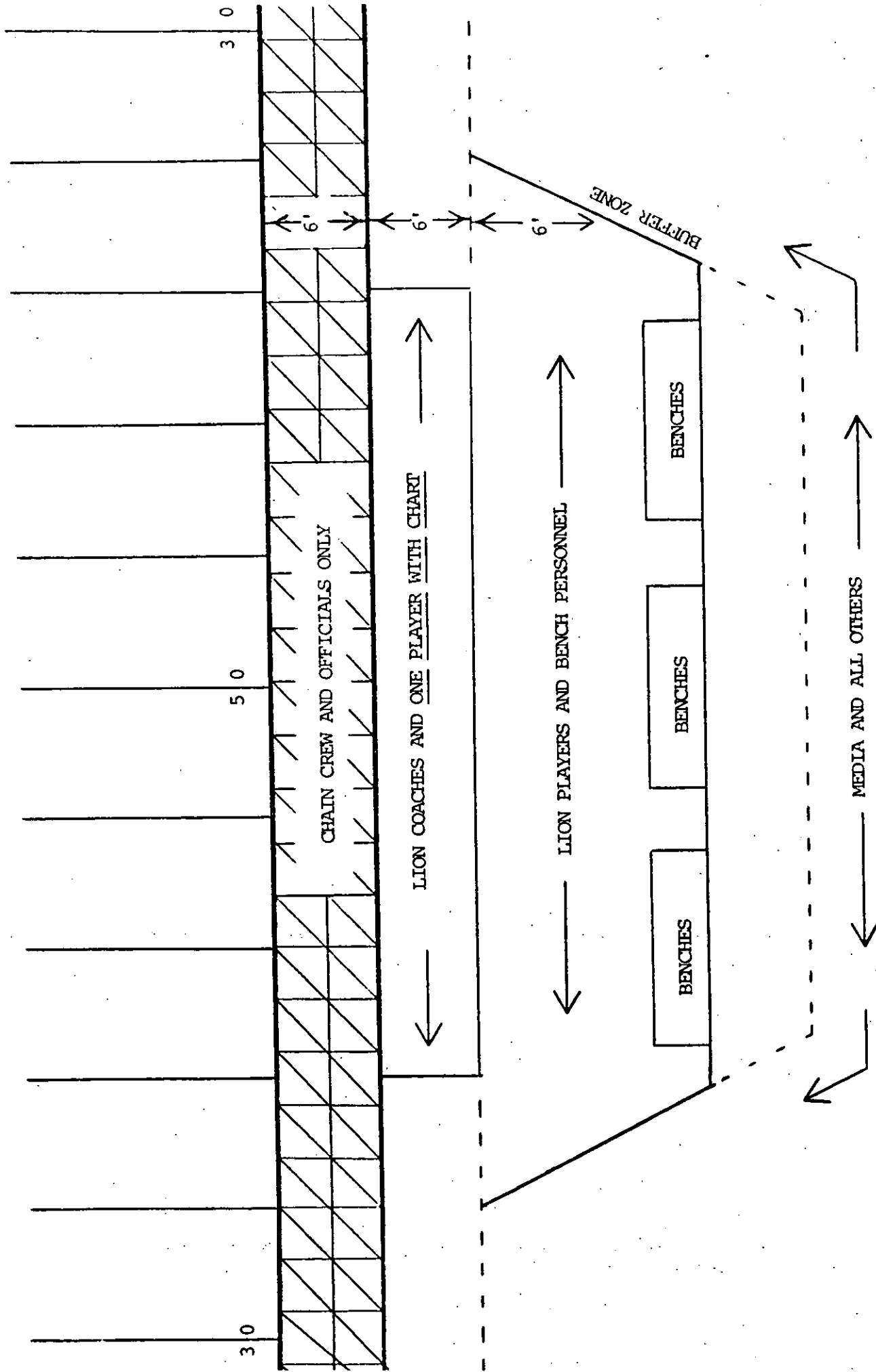
DEFENSE

OFFENSE

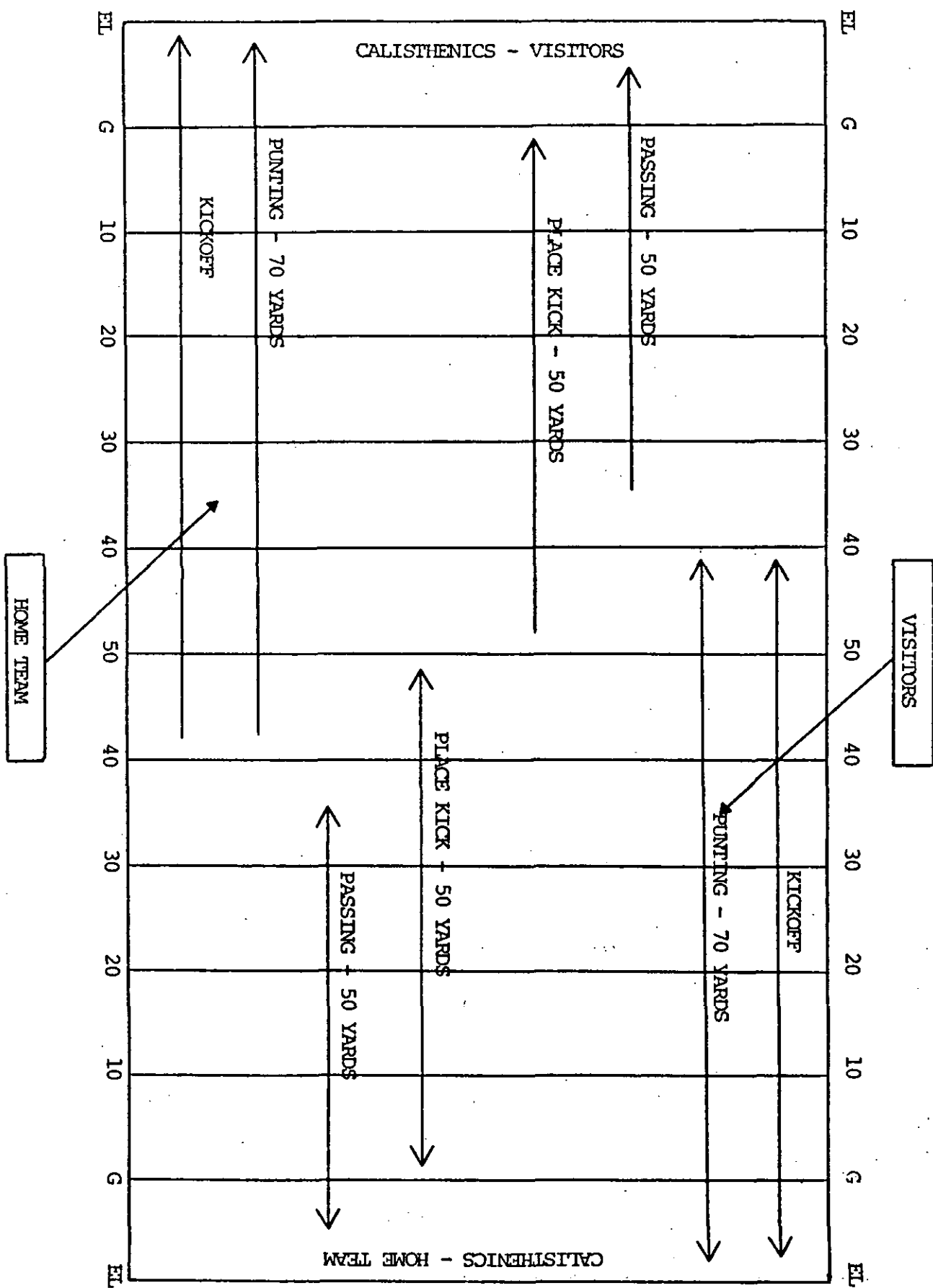
DEFENSIVE LINE/EN	DEEPBACKS	LINEBACKERS	QUARTERBACKS	RECEIVERS	BACKS	OFFENSIVE LINE/EN
SPECIALISTS						

PHONE
TABLE

4	5	5	0	4	5
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NFT. BENCH AREA SHOWING RESTRICTED ZONES

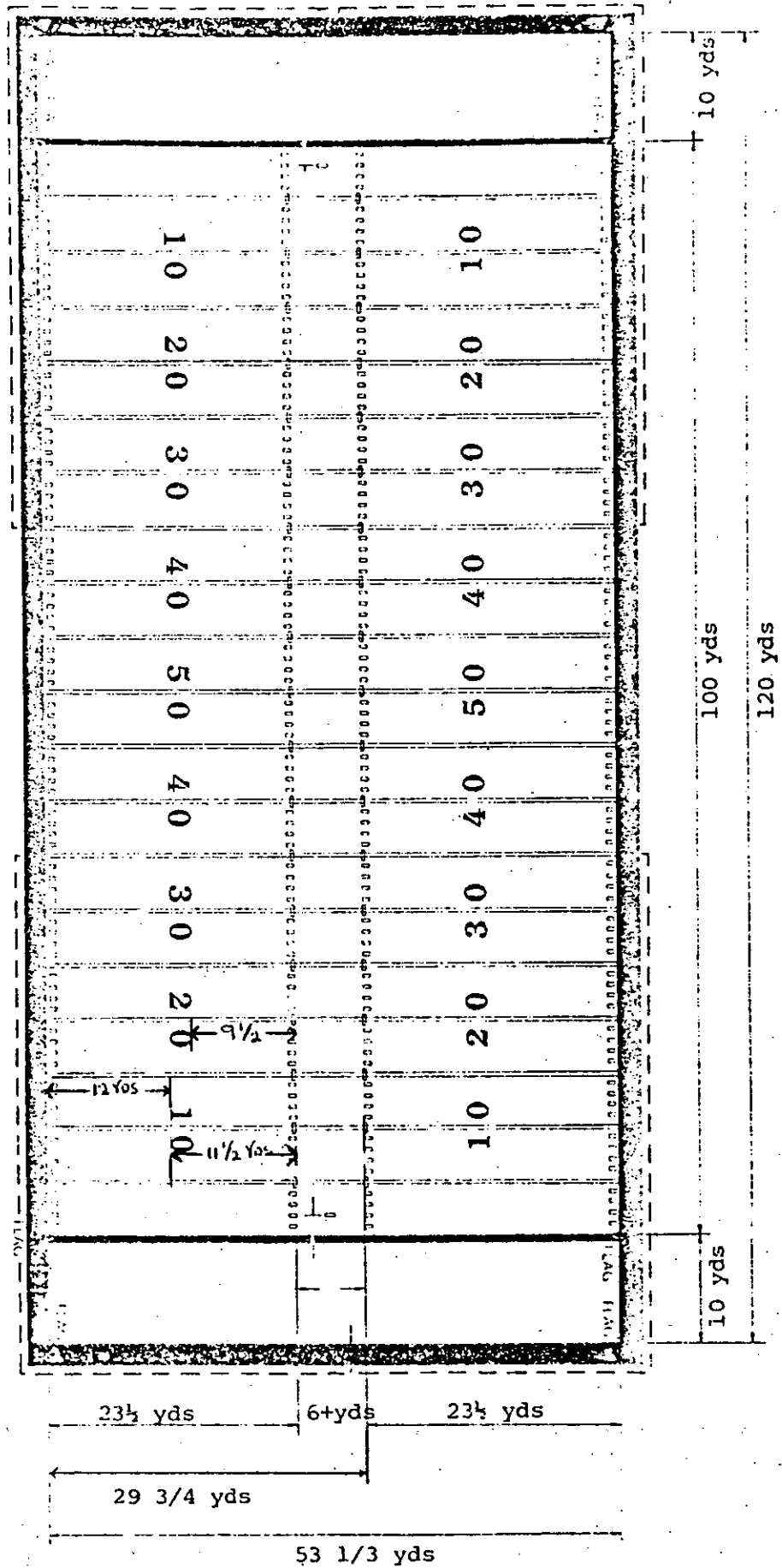
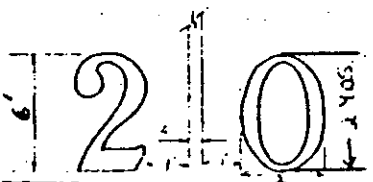


(WORK TO LEFT - UNLESS BOTH TEAMS AGREE OTHERWISE)

PRE-GAME WARM-UP

FIELD DIMENSIONS

Dimensions for
numerals on the
playing field



DEFENSIVE OBJECTIVE AND PHILOSOPHY

THE "BEST" DEFENSIVE UNIT IN THE NATIONAL FOOTBALL LEAGUE IS MEASURED BY THE NUMBER OF POINTS SCORED AGAINST IT. DEFENSE MUST BE A TEAM EFFORT. EACH PLAYER MUST KNOW HIS ASSIGNMENT, AND CARRY OUT HIS ASSIGNMENT IN ORDER THAT THE DEFENSE MAY FUNCTION AS A UNIT. BETWEEN EVENLY MATCHED TEAMS, YARDAGE WILL BE GAINED BY BOTH TEAMS. BUT THE PRIMARY CONSIDERATION IS FOR OUR DEFENSE TO CONTAIN THE OFFENSE SO AS TO STOP THE SCORE. ANY GAMBLING OR HUNCH PLAYING BY AN INDIVIDUAL CAN ONLY LEAD TO GRIEF IN THE LONG RUN. OUR DEFENSE IS BASED ON EACH MAN CARRYING OUT HIS ASSIGNMENT. ANY BREAK-DOWN CAN BE TRACED TO THE FAILURE OF A MAN TO CARRY OUT THE TEAM DEFENSE.

RUN DEFENSE

OUR GOAL IS TO KEEP THE GAIN TO A MINIMUM AND PREVENT A LONG TOUCHDOWN RUN. ANY LONG RUN CAN BE TRACED TO THE DEFENSE BEING "SPLIT", IMPROPER PURSUIT, OR MISSED TACKLES. IT IS ESSENTIAL TO OUR DEFENSE THAT EVERY MAN STAYS OFF THE GROUND! TO ACCOMPLISH THIS, YOU MUST SEE THE BLOCKER, NEUTRALIZE HIM, AND CONTROL HIM. HAVING DONE THAT, THEN LOCATE THE BALL, SHED THE BLOCKER, ATTACK THE BALL CARRIER AND KNOCK HIM BACK. WIN ON FIRST DOWN. ALLOW THREE YARDS OR LESS. OUR SUCCESS IN DOING THIS WILL DEPEND ON HOW WELL WE TACKLE. WE MUST MEET THE BALL CARRIER ON THE LINE OF SCRIMMAGE AND STOP HIS FORWARD PROGRESS. ALWAYS KNOCK HIM BACK.

PASS DEFENSE

THIS STARTS WITH PRESSURE ON THE PASSER, FOLLOWED BY JAMMING AND DISRUPTING THE TIMING OF RECEIVERS AND PATTERNS. WE MUST COMMUNICATE TO BE EFFECTIVE IN PASS COVERAGE; "TALK"-CODE WORDS, "BALL" CALL, AND HAND SIGNALS WILL BE THE RESPONSIBILITY OF EVERYONE IN OUR SECONDARY. OUR BASIC THEORY IS TO BE KNOWN AS A ZONE TEAM. IN PASSING SITUATIONS, WE WILL MIX MAN AND ZONE WHEN THEY LEAST EXPECT THEM. WHETHER IT IS RUSHING THE PASSER OR COVERING A RECEIVER, COMPLETE CONCENTRATION AND DESIRE TO CARRY OUT YOUR ASSIGNMENT WILL ENABLE OUR DEFENSE TO CONTROL THE OFFENSE. THREE AND OUT!

KNOW YOUR OPPONENT

OUR DEFENSIVE SIGNAL CALLERS WILL SPEND EXTRA TIME EACH WEEK IN MEETINGS WITH THE COACHES, FILM STUDY AT HOME AND SCOUTING REPORT STUDY. THIS WILL ENABLE THEM TO PROPERLY ALIGN US AGAINST ALL POSSIBLE SITUATIONS. THESE ADJUSTMENTS WILL HELP ONLY IF WE ARE ALL TOTALLY PREPARED AND THIS PREPARATION COMES FROM A COMPLETE DEDICATION TO OUR PROGRAM EACH WEEK. THIS ALONG WITH OUR ALL OUT EFFORT AND PLAY WILL MAKE US THE NUMBER ONE DEFENSE IN THE N.F.L.

PENALTIES

ANY DEFENSIVE PENALTY, EXCEPT OFFSIDES, GIVES THE OFFENSE A FIRST DOWN. DEFENSIVE HOLDING, PASS INTERFERENCE, ROUGHING THE PASSER ON CRUCIAL DOWNS OR LONG YARDAGE SHOULD NOT HAPPEN. AN INTERFERENCE PENALTY WILL NEVER BE QUESTIONED IF YOU GO FOR THE BALL TOUGH, WITH BOTH HANDS. WE MUST ELIMINATE ALL SELFISH AND THOUGHTLESS PENALTIES. EMOTIONAL DISPLAYS SUCH AS THROWING A HELMET, ARGUING WITH OFFICIALS OR SPIKING THE BALL IN DISGUST ARE A LOSER'S REACTION TO ADVERSITY. IT MIGHT HELP YOU FEEL BETTER BUT IT WILL HURT OUR TEAM AND WILL NOT BE TOLERATED. OUR APPROACH IN THIS SITUATION WILL BE TO DIRECT THIS EMOTION TO OUR OPPONENT ON THE NEXT PLAY. THIS IS A WINNER'S APPROACH AND IT WILL HELP OUR TEAM OVERCOME SUCH ADVERSITY. TAKE PRIDE IN BEING THE BEST!

DEFENSIVE SCORING

THE MARGIN OF WINNING IN MANY CLOSE GAMES HAS BEEN THE RESULT OF THE DEFENSE SCORING BY:

1. INTERCEPTING A PASS AND RETURNING FOR A TOUCHDOWN.
2. RECOVERING A FUMBLE WITH A RUNBACK FOR A TOUCHDOWN.
3. A SAFETY.

TO INTERCEPT A PASS OR RECOVER A FUMBLE CLOSE TO THEIR GOAL LINE OFTEN MEANS THE DIFFERENCE IN A CLOSE GAME. TO HAVE THEIR OFFENSIVE PLANS BACKFIRE CAN BE A DAMAGING BLOW TO A TEAM, AND SOMETIMES LEADS TO TOTAL COLLAPSE. FOR THE TEAM THAT CAN TAKE ADVANTAGE OF SUCH BREAKS, IT PROVIDES A LIFT AND OFTEN TURNS A CLOSELY CONTESTED GAME INTO A RUNAWAY. THE STATISTIC ON THE TURNOVER RATIO IS A VERY VALID ONE. WHEN THE TURNOVER RATIO IS ON THE PLUS SIDE, YOU ARE PLAYING WINNING FOOTBALL. THE GREATEST CONTRIBUTION A DEFENSIVE UNIT CAN MAKE TO THE TEAM IS TO CREATE A TURNOVER AND SCORE; OR AT THE VERY LEAST, CHANGE THE MOMENTUM OF A GAME IN OUR FAVOR.

TROUBLE SITUATIONS

IN VIRTUALLY EVERY GAME, OUR DEFENSE WILL BE FACED WITH SEVERAL DIFFICULT SITUATIONS. WE REFER TO THESE AS "TROUBLE SITUATIONS" AND THE WAY WE HANDLE THESE THREE OR FOUR PLAYS, OR PERHAPS SERIES OF PLAYS, WILL USUALLY DETERMINE THE OUTCOME OF THE GAME. THESE "TROUBLE SITUATIONS" FALL INTO SEVERAL CATEGORIES:

1. OUR OPPONENT IS MOVING THE BALL AGAINST US AND APPEARS TO BE GAINING MOMENTUM.
2. OUR OPPONENT HAS POSSESSION INSIDE OUR TEN YARD LINE.
3. OUR OPPONENT HAS GAINED POSSESSION OR EXCELLENT FIELD POSITION THROUGH AN INTERCEPTION, FUMBLE RECOVERY, LONG RETURN, OR BLOCKED KICK.
4. THE LAST TWO MINUTES OF THE HALF OR GAME AND WE ARE PROTECTING THE LEAD.
5. "SUDDEN DEATH" - THE OVERTIME PERIOD OF A GAME THAT ENDED IN A TIE.

THE WAY A TEAM RESPONDS TO THESE SITUATIONS IS AN INDICATION OF AN ATTITUDE. WHEN A GROUP OF LOSERS FACES ONE OF THESE SITUATIONS, THEY IMMEDIATELY BEGIN POINTING FINGERS AT TEAMMATES AND FEELING SORRY FOR THEMSELVES. THE WINNER'S APPROACH AND THE DETROIT LIONS' APPROACH WILL BE TO ACCEPT THESE TROUBLE SITUATIONS AS A CHALLENGE AND AN OPPORTUNITY TO SHOW OUR DEFENSIVE GREATNESS. THROUGH CONCENTRATION AND A COMMITMENT TO A MEANINGFUL PLAN, WE WILL BE ABLE TO OVERCOME THESE "TROUBLE SITUATIONS" AND CONTROL THE OUTCOME OF THE GAME.

OUR PLAN FOR HANDLING "TROUBLE SITUATIONS" SUCCESSFULLY WILL COMMONLY BE :

1. ONE PLAY AT A TIME.
2. ASSIGNMENT
3. ALIGNMENT
4. AGGRESSIVE

IN A "TROUBLE SITUATION" EACH PLAYER MUST TAKE THE FOUR ELEMENTS AND APPLY THEM TO HIS OWN PERFORMANCE TO INSURE THE SUCCESS OF OUR ENTIRE DEFENSE.

1. ONE PLAY AT A TIME

EACH INDIVIDUAL ON THE DEFENSE MUST PLAY THE NEXT PLAY AS THE MOST IMPORTANT PLAY OF THE ENTIRE GAME. WE MUST LEARN TO MAINTAIN OUR INTENSITY ON EVERY PLAY. WE CAN GAIN NOTHING BY WORRYING ABOUT THE PREVIOUS PLAY OR TRYING TO ANTICIPATE WHAT MAY HAPPEN TWO PLAYS FROM NOW. DO NOT CONCERN YOURSELF WITH "WHAT HAPPENS IF THEY SCORE" BECAUSE TO PREVENT THEM FROM SCORING REQUIRES YOUR TOTAL CONCENTRATION AND INTENSITY ON THE NEXT PLAY ONLY.

2. ASSIGNMENT

EACH PLAYER MUST KNOW THE SPECIFIC DETAIL OF HIS ASSIGNMENT WHEN HE LEAVES THE HUDDLE. DO NOT TAKE IT UPON YOURSELF TO "GUESS" BECAUSE YOUR TEAMMATES ARE RELYING ON YOU TO KNOW AND CARRY OUT YOUR ASSIGNMENT AS WE ALL UNDERSTAND IT.

3. ALIGNMENT

EVERYONE MUST LINE UP EXACTLY WHERE OUR DEFENSIVE CALL REQUIRES THAT YOU BE. EACH ALIGNMENT POSITION HAS BEEN ESTABLISHED TO GIVE YOU THE GREATEST OPPORTUNITY TO SUCCEED IN CARRYING OUT YOUR ASSIGNMENT WITHIN THE STRUCTURE OF THAT DEFENSE.

4. AGGRESSIVE

ON THE SNAP, CARRY OUT YOUR RESPONSIBILITY AGGRESSIVELY! DO NOT BE CAUTIOUS AND CONCERNED THAT YOU MIGHT BREAKDOWN AND HURT THE DEFENSE AND YOUR TEAMMATES. THAT APPROACH TAKEN BY 11 PLAYERS WILL ONLY HELP OUR OPPONENT. AGGRESSIVENESS WILL OVERCOME MANY THINGS AND THERE IS NO SUBSTITUTE FOR IT WHEN IT IS CARRIED OUT AS PART OF A MEANINGFUL PLAN.

OUR ABILITY TO SUCCEED REQUIRES THE DEDICATION AND CONCENTRATION OF EACH MEMBER OF OUR DEFENSIVE UNIT. A COMMITMENT TO THIS PLAN WILL INSURE THAT THE DETROIT LIONS DEFENSE WILL MEET THE CHALLENGE OF ANY "TROUBLE SITUATION" AND WILL ENABLE US TO DETERMINE THE OUTCOME OF EVERY GAME IN WHICH WE PLAY.

GOAL LINE AND SHORT YARDAGE DEFENSES

THE BIGGEST DIFFERENCE BETWEEN GOAL LINE AND SHORT YARDAGE DEFENSES AND NORMAL DEFENSES IS THE TECHNIQUE USED.

A SUCCESSFUL GOAL LINE AND SHORT YARDAGE DEFENSE DEMANDS:

1. NO MENTAL OR PHYSICAL MISTAKES

KNOW YOUR ASSIGNMENT. THERE IS ABSOLUTELY NO EXCUSE FOR NOT KNOWING WHAT TO DO.

2. FLAWLESS EXECUTION!

DO NOT GUESS. THE FRONT MEN MUST PENETRATE. THE SECONDARY MUST READ AND REACT TO KEYS.

3. SUPREME EFFORT

THIS IS NO PLACE TO LOAF OR EASE UP. MAXIMUM EFFORT IS A MUST! HUSTLE!

4. CONFIDENCE

BELIEVE IN THE DEFENSE, IN YOUR TEAMMATES, AND IN YOUR OWN ABILITY TO GET THE JOB DONE.

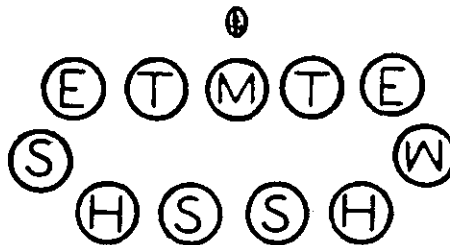
TO BE THE "BEST", WE HAVE TO BE RECKLESS. BUT IN DOING SO, WE HAVE TO HAVE AN INTELLIGENT APPROACH. WE MUST BE A TEAM THAT ATTACKS AND FORCES ERRORS BY RELENTLESS PURSUIT. WE MUST PUNISH THE BALL CARRIER BY CONVERGING AND SWARMING. WE WANT TO BE KNOWN AS A UNIT THAT MIXES FRONTS, STUNTS, GAMES, AND COVERAGES, WHICH CONFUSES AND DISRUPTS OPPONENTS, AND CAUSES TURNOVERS. EACH INDIVIDUAL MUST HAVE THE UTMOST CONFIDENCE IN HIS TEAMMATES AND OUR DEFENSE. ANY DEFENSE IS ONLY AS STRONG AS THE INDIVIDUALS WHO MAKE IT UP.

FOOTBALL IS A TEST OF A MAN'S MENTAL AND PHYSICAL TOUGHNESS. ABILITY ALONE IS NOT ENOUGH. THE SUCCESS OF OUR DEFENSE REQUIRES YOUR DEDICATION, CONCENTRATION, AND A PRIDE IN OUR UNIT. MAKE A COMMITMENT TO THESE GOALS AND YOU WILL BE PART OF A GREAT DETROIT LIONS DEFENSE.

1978, 1979, 1980 AND 1981

DETROIT LIONS DEFENSIVE RANK

	<u>1978</u>	<u>1979</u>	<u>1980</u>	<u>1981</u>	<u>NFC RANK</u>	<u>NFC LEADER</u>	<u>NFL RANK</u>	<u>NFL LEADER</u>
POINTS SCORED	300	365	272	322	6	Philadelphia	13	Philadelphia
TOUCHDOWNS/RUSH	18	22	9	14	6	Atlanta/ N.Y. Giants	T9	Buffalo
TOUCHDOWNS/PASS	19	15	14	22	9	Tampa Bay	T14	Tampa Bay
TOUCHDOWNS/RETURN	2	5	9	2	4	Tampa/Dallas/ St.Louis	T9	Seattle/Dallas Balt./Tampa/K. Houston/S.Diege
FIELD GOAL ATTEMPTS	13	36	21	22	1	DETROIT	4	N.Y. Jets
FIELD GOALS MADE	8	24	16	19	T9	San Francisco	T15	Cinci/N.Y.Jets
FIELD GOALS BLOCKED	0	1	0	0				
PERCENT OF SUCCESS	62%	67%	76%	86.4%	14	Dallas	28	Dallas
TOTAL YARDS GAINED	4483	4957	4533	4846	4	Philadelphia	4	Philadelphia
YARDS RUSHING	2184	2515	1599	1623	1	DETROIT	1	DETROIT
PER RUSH	3.9	3.9	3.6	3.5	2	N.Y. Giants	3	N.Y. Giants
YARDS PASSING	2299	2787	2934	3223	8	Philadelphia	13	Philadelphia
PERCENT COMPLETED	54.6%	54.7%	55.1%	54.9%	8	Chicago	13	Chicago
PER COMPLETION	14.6	12.7	11.4	13.8	9	Tampa Bay	20	Tampa Bay
QUARTERBACK SACKS	55	45	44	47	1	DETROIT	3	N.Y. Jets
PASS INTERCEPTION	22	14	23	24	T7	Dallas	T9	Dallas
FUMBLES RECOVERED	19	12	11	15	T12	Green Bay	T22	Seattle
TOTAL TAKEAWAYS	41	26	34	39	T8	Dallas	T13	Dallas
TAKEAWAY RATIO	+8	-20	+3	-4	12	San Francisco	20	San Francisco
DEFENSE SCORED POINTS	12	14	9	7				



IN HUDDLE

1. FORM HUDDLE QUICKLY. DO NOT BE THE LAST MAN.
2. KEEP A CONSTANT HUDDLE. MIKE FORM HUDDLE ON THE BALL. THE SHAPE AND HANDS ON KNEES APPEARANCE IS THE RESPONSIBILITY OF EACH INDIVIDUAL.
3. MIKE DOES THE TALKING. ALL OTHERS LISTEN! LOOK AT HIS LIPS. MIKE SHOULD TALK STRAIGHT OUT, NOT UP IN THE AIR OR DOWN AT THE GROUND. SEE ALL.
4. HUDDLE PROCEDURE - GIVE ALIGNMENT FIRST, COVERAGE SECOND (EXAMPLE: "4-3 ONE")
5. AFTER THE CALL, MIKE WILL SAY "READY", THEN PAUSE AND ALL CLAP HANDS. THIS IS THE SIGNAL TO BREAK AND CONCENTRATE ON OUR OPPONENTS HUDDLE. WATCH THE OPPONENTS BREAK THE HUDDLE.

AT LINE

1. WATCH OPPONENTS HUDDLE. LOCATE THE TIGHT END AND CALL HIS DIRECTION AS HE LEAVES THE HUDDLE. (EXAMPLE: TIGHT END LEFT).
2. CALL STRENGTH AS OPPONENTS BREAK HUDDLE. STRENGTH OF THE FORMATION WILL BE DETERMINED BY THE SIDE ON WHICH TWO OF THE THREE REGULAR WIDE RECEIVERS (WING, "X", AND TIGHT END) ARE LOCATED. (EXAMPLE: WING AND TIGHT END LEFT - "STRONG LEFT")
3. CALL COMPLETE FORMATION AS OPPONENTS SET AT LINE. (EXAMPLE: "BROWN LEFT")
4. IT IS IMPORTANT FOR ALL TO KNOW AND CALL THE STRENGTH AND SET OF THE FORMATION QUICKLY. YOUR ASSIGNMENT WILL BE DETERMINED BY THE STRENGTH AND SET OF THE FORMATION. THIS IS ONE MENTAL ERROR YOU CAN ELIMINATE. THIS IS YOUR FIRST RESPONSIBILITY AS A DEFENSIVE PLAYER.

DEFENSIVE CHECKOFF'S

1. RECOGNITION OF "EXOTIC" FORMATIONS AND ANY COVERAGE CHANGE ASSOCIATED WITH THOSE FORMATIONS ARE THE RESPONSIBILITY OF EVERYONE.
2. LINEBACKERS AND DEEP BACKS - COMMUNICATE. YOU MUST RELAY THE COVERAGE CHANGE BOTH BY AUDIBLE AND VISUAL SIGNALS. AS A SECONDARY, WE MUST MAKE CERTAIN THAT EVERYONE KNOWS THE DEFENSE WE WILL PLAY. ELIMINATE ANY POSSIBLE MENTAL ERROR BY TALKING TO EACH OTHER.
3. MIKE WILL MAKE THE CALL TO CHANGE OUR FRONT, STUNTS, OR GAMES. THE CALL WILL BE MADE BY GIVING AN AUDIBLE SIGNAL WHICH WILL ALERT OUR LINE AND LINEBACKERS TO THE CHANGE. REPEAT CALL TWICE.
4. ALL CHANGES MUST OCCUR QUICKLY! THIS REQUIRES CONCENTRATION AND COMMUNICATION BY EVERYONE. REMEMBER, WE HAVE NO SECRETS ON DEFENSE.

TACKLING - WEAPON OF THE DEFENSE

EACH OFFENSIVE TEAM IN THE NATIONAL FOOTBALL LEAGUE HAS VARIOUS WEAPONS IT WILL USE TO HELP THEM ACHIEVE VICTORY. IT MAY BE THEIR RUNNING OR PASSING GAME OR EVEN A COMBINATION OF BOTH. HOWEVER, THE DEFENSE HAS ONLY ONE WEAPON AND THAT IS THEIR ABILITY TO TACKLE.

TACKLING IS THE WAY TO VICTORY FOR A DEFENSE. NOTHING WILL HAVE MORE INFLUENCE ON THE OUTCOME OF A GAME THAN AGGRESSIVE, ALL OUT TACKLING. IT LIMITS THE YARDAGE OUR OPPONENT GAINS, PREVENTS BALL CONTROL BY OUR OPPONENTS OFFENSE, CAUSES TURNOVERS WHICH GIVE US FIELD POSITION, AND MOST IMPORTANTLY, GIVES OUR TEAM THE PSYCHOLOGICAL ADVANTAGE THAT IS THE DIFFERENCE IN MANY BALLGAMES. GOOD TACKLING IS A STATE OF MIND - AN ATTITUDE THAT YOU WILL MAKE EVERY TACKLE YOURSELF. YOU MUST NEVER ASSUME SOMEONE ELSE WILL - YOU MUST. AN AGGRESSIVE, SOLID TACKLE THAT "UNGLUES THE BALL CARRIER" IS CONTAGIOUS. SET THE EXAMPLE FOR YOUR TEAMMATES.

THE ABILITY TO TACKLE WELL CAN BE DEVELOPED THROUGH THE UNDERSTANDING AND APPLICATION OF SOUND FUNDAMENTALS AND TECHNIQUES. WE WILL WORK EVERY DAY IN PRACTICE TO IMPROVE THESE SKILLS, BOTH AS INDIVIDUALS AND AS A TEAM.

THERE ARE SEVERAL DIFFERENT FORMS OF TACKLING BUT EACH CONSISTS OF THREE BASIC ELEMENTS:

1. APPROACH
2. CONTACT
3. FOLLOW THROUGH

APPROACH

THIS INVOLVES YOUR MOVEMENT TO THE BALLCARRIER AND GATHERING YOURSELF TO EXPLODE INTO HIM. THIS REQUIRES CONCENTRATION ON THE RUNNER. YOU MUST USE YOUR EYES AND PICK A SPOT ON YOUR OPPONENT. KEEP YOUR EYES OPEN AND YOUR HEAD UP. AS YOU APPROACH HIM, GET CLOSE TO HIM AND "STEP ON HIS TOES". TOO OFTEN A MISSED TACKLE IS THE RESULT OF BEING TOO FAR AWAY FROM THE BALL CARRIER. YOUR FEET MUST BE AS WIDE OR WIDER THAN THE BALL CARRIER'S HIPS TO INSURE A GOOD BASE. FLEX YOUR KNEES AND LOWER YOUR HIPS TO GET UNDER CONTROL AND TO PUT YOUR BODY IN A POSITION TO STRIKE. ARCH YOUR BACK AND EXPLODE UP AND THROUGH THE RUNNER WITH A QUICK, RISING BLOW.

CONTACT

IN A GAME, WE WANT TO GET THE BALL CARRIER DOWN ANYWAY WE CAN. BUT WHEN THE OPPORTUNITY TO MAKE A GREAT HIT IS THERE, WE WANT TO PUNISH AND WEAR DOWN OUR OPPONENT. EXPLODE UP THROUGH THE RUNNER, CLUB YOUR ARMS AROUND HIM AND "LOCK-UP". EVERY DEFENSIVE PLAYER KNOWS THE EXHILARATION OF A GREAT HIT - THAT FEELING IS YOUR REWARD. EACH MAN WHO HAS AN OPPORTUNITY SHOULD "GET A PIECE" OF THE BALL CARRIER. IT IS OFTEN THE SECOND MAN ON THE TACKLE WHO CAUSES THE FUMBLE. WE WANT TO TAKE SOMETHING OUT OF OUR OPPONENTS ON EACH PLAY AND WEAR THEM DOWN. A BALL CARRIER CAN ONLY TAKE SO MANY HITS BEFORE FATIGUE SETS IN AND THEN HE IS MORE VULNERABLE TO FUMBLE(S) AND LESS LIKELY TO MAKE A LONG RUN.

FOLLOW THROUGH

TO FOLLOW THROUGH EFFECTIVELY REQUIRES CONCENTRATION AND INTENSITY. EXPLODE THROUGH THE RUNNER. CONTINUE TO DRIVE YOUR LEGS FORWARD TO STOP THE BALL CARRIER'S FORWARD MOMENTUM AND KNOCK HIM BACK! PIN THE RUNNER TO THE

TACKLING cont.

GROUND AND SEPARATE HIM FROM THE BALL. NEVER HELP A BALL CARRIER UP OFF THE GROUND. WE WANT TO DEVELOP A REPUTATION OF PUTTING THEM ON THEIR BACKS - AND LEAVING THEM THERE!!

CONTACT TECHNIQUES

THERE ARE FOUR BASIC TACKLING TECHNIQUES THAT WE MUST MASTER TO BE A GREAT DEFENSIVE TEAM. EACH PLAYER WILL FIND IT NECESSARY TO EXECUTE ALL OF THESE TECHNIQUES AT ONE TIME OR ANOTHER.

HEAD ON TACKLE

THIS TECHNIQUE IS USED MOST FREQUENTLY WHEN THE BALL CARRIER IS CONFINED TO A SMALL AREA. WE MUST PUT OUR "FACE IN THE NUMBERS" OF OUR OPPONENT STRIKING A BLOW UP AND THROUGH THE RUNNER. AS WE WRAP OUR ARMS AROUND THE BALL CARRIER, WE GRAB ONE WRIST WITH THE OPPOSITE HAND AND "LOCK-UP" THE BALL CARRIER.

CHEST TACKLE

THIS TECHNIQUE IS SIMILAR TO THE HEAD ON TACKLE BUT IS GENERALLY LIMITED TO LINEBACKERS WHO ARE FILLING AN INSIDE HOLE. ATTACK THE BALL CARRIER SQUARE, DRIVING YOUR CHEST AND SHOULDER ("NUMBERS ON NUMBERS") UP AND THROUGH HIS CHEST. CLUB YOUR ARMS AROUND THE RUNNER AND "LOCK UP".

SHOULDER TACKLE

THIS TECHNIQUE IS ONE THAT EVERYONE MUST MASTER. IT REQUIRES CONCENTRATION ON BOTH THE BALL CARRIER AND WHERE HE IS CARRYING THE BALL. FROM A POSITION DIRECTLY IN FRONT OF THE BALL CARRIER, SLIDE YOUR HELMET ACROSS HIS BODY AND DRIVE IT THROUGH THE BALL. STRIKE THE RUNNER WITH YOUR SHOULDER THAT IS OPPOSITE THE SIDE OF THE BALL AND "LOCK UP".

ANGLE TACKLE

THIS TECHNIQUE IS USED BY EVERYONE IN MANY SITUATIONS THROUGHOUT A GAME. AS YOU APPROACH THE BALL CARRIER, YOU MUST CONCENTRATE ON HIM. PICK A SPOT ON THE HIP THAT IS THE CLOSEST TO YOU AND GIVE THE RUNNER ONLY ONE WAY TO GO. TAKE ONE MORE STEP AND DRIVE YOUR HEAD ACROSS IN FRONT OF THE RUNNER. STRIKING HIM WITH YOUR SHOULDER ON HIS HIP. CLUB YOUR ARMS AROUND THE BALL CARRIER AND "LOCK UP". WHEN MAKING AN ANGLE TACKLE ON THE SIDELINE, USE THE SIDELINE TO YOUR ADVANTAGE. BY COMING UNDER CONTROL AND MAINTAINING LEVERAGE ON THE RUNNER, THE SIDELINE BECOMES OUR TWELFTH MAN ON DEFENSE.

THE FINAL INGREDIENT TO BECOMING A GREAT TACKLER IS YOU! COMMIT YOURSELF TO IMPROVEMENT EVERY DAY IN THE BASIC TECHNIQUES OF APPROACH, CONTACT, AND FOLLOW THROUGH. ADOPT THE ATTITUDE THAT YOU WILL MAKE EVERY TACKLE YOURSELF AND THAT YOU WILL PERSONALLY "SET THE TEMPO" FOR OUR DEFENSE. THE SUCCESSFUL COMBINATION OF THESE TECHNIQUES AND ATTITUDE WILL ENABLE OUR DEFENSE TO CONTROL EACH BALLGAME AND INSURE A DETROIT LIONS VICTORY.

GENERAL TERMINOLOGY

- STRONGSIDE - SIDE OF FORMATION ON WHICH THE TIGHT END (Y) AND WING (W) ARE LOCATED; OR "X/O" AND SLOT (SL) ON OPPOSITE FORMATION.
- WEAKSIDE - SIDE OF FORMATION AWAY FROM THE LOCATION OF THE TIGHT END (Y) AND WING (W); OR AWAY FROM "X/O" AND SLOT (SL) ON OPPOSITE.
- OPENSIDE - SIDE OF "X" ON REGULAR FORMATIONS AND THE SIDE OF "X/O" AND SLOT ON OPPOSITE FORMATIONS.
- OPPOSITE - FORMATION THAT HAS "X/O" AND SLOT ON THE STRONGSIDE AND THE TIGHT END (Y) ON THE WEAKSIDE.
- FLEX - THE POSITION OF Y WHEN HE IS LOCATED TWO TO FOUR YARDS (1-4) FROM THE (POC) OFFENSIVE TACKLE.
- OPEN - THE POSITION OF Y WHEN HE IS LOCATED FIVE (5) OR MORE YARDS FROM THE OFFENSIVE TACKLE.
- "E" - FORMATION THAT HAS AN EXCHANGE OF ALIGNMENT BETWEEN THE TIGHT END AND WING ON THE STRONGSIDE. THE TIGHT END IS WIDER THAN THE WING, NORMALLY ABOUT (7) YARDS.
- NEAR - THE POSITION OF "X" WHEN HE LINES UP ONE TO THREE (1-3) YARDS FROM THE OFFENSIVE TACKLE.
- NASTY - THE POSITION OF "X" WHEN HE IS LOCATED FOUR TO SIX (4-6) YARDS FROM THE OFFENSIVE TACKLE.
- CRACK - THE POSITION OF THE WING WHEN HE IS LOCATED FOUR TO SIX (4-6) YARDS FROM THE TIGHT END (Y).
- CLOSE - THE POSITION OF THE WING WHEN HE IS LOCATED ONE TO THREE (1-3) YARDS FROM THE TIGHT END.
- CRACKBACK - A TERM TO ALERT THE INSIDE SUPPORT THAT THE OUTSIDE RECEIVER IS BLOCKING DOWN. COACHING POINT: CRACKBACK POSITION IS FOUR TO SIX (4-6) YARDS. WING (CRACK) AND "X" (NASTY).
- NEAR BACK - THE BACK THAT LINES UP ON YOUR SIDE.
- FAR BACK - THE BACK THAT LINES UP AWAY FROM YOU.
- WEAK BACK - THE BACK AWAY FROM THE STRONGSIDE.
- STRONG BACK - THE BACK ON THE STRONGSIDE.
- "A" (A BACK) - THE BACK LINED UP AWAY FROM THE TIGHT END SIDE.
- "B" (B BACK) - THE BACK LINED UP ON (BY) THE TIGHT END SIDE.
- MIKE - A TERM USED TO DESIGNATE THE MIDDLE LINEBACKER.
- SAM (S/O) - A TERM USED TO DESIGNATE THE LINEBACKER ON THE SIDE OF THE TIGHT END (Y). COACHING POINT: NOT ALWAYS STRONGSIDE LINEBACKER.
- WILL (W/O) - A TERM USED TO DESIGNATE THE LINEBACKER AWAY FROM THE SIDE OF THE TIGHT END (Y). COACHING POINT: NOT ALWAYS THE WEAKSIDE LINEBACKER.
- TED - A TERM USED TO DESIGNATE THE INSIDE LINEBACKER ON THE TIGHT END SIDE WHEN USING FOUR LINEBACKERS.
- STANCE - A DEFENSIVE MAN'S ALIGNMENT IN RELATION TO HIS FEET AND BODY POSITION.
- KEYS - OFFENSIVE MOVEMENTS WHICH ENABLE A DEFENSIVE MAN TO CARRY OUT HIS ASSIGNMENT MORE EFFECTIVELY.

PURSUIT - AN AGGRESSIVE PROCEDURE BY DEFENSIVE PLAYER IN GOING TO THE BALL AND STOPPING FORWARD PROGRESS OF A BALL CARRIER.

SWARM - A PATTERN OF RECKLESS PURSUIT DESIGNED TO INTIMIDATE AND DISRUPT.

MOTION - MOVEMENT OF THE RECEIVER CREATING A REGULAR OR OPPOSITE FORMATION AND ALSO CHANGING THE FORMATION STRENGTH. (REGULAR FORMATION - MOTION TO OPPOSITE; OPPOSITE FORMATION - MOTION TO REGULAR).

MOTION OUT - RECEIVER MOTION TOWARD THE OUTSIDE AT THE SNAP. (DOES NOT CHANGE THE FORMATION STRENGTH.)

SHORT MOTION - RECEIVER MOTION THAT DOES NOT COME ACROSS THE FORMATION AND DOES NOT CHANGE THE FORMATION STRENGTH.

MOTION IN-OUT - RECEIVER MOTION IN AND OUT THAT DOES NOT COME ACROSS THE FORMATION AND DOES NOT CHANGE THE FORMATION STRENGTH.

MOVE - TIGHT END (Y) RESETTING FROM ONE SIDE TO THE OTHER TO CHANGE THE STRENGTH OF THE FORMATION.

MOVEMENT - TIGHT END (Y) MOVING AT THE SNAP OF THE BALL FROM ONE SIDE TO THE OTHER TO CHANGE THE STRENGTH OF THE FORMATION. NOT RESETTING BEFORE THE SNAP.

MOVEMENT OUT - TIGHT END (Y) MOVING TOWARD THE OUTSIDE AT THE SNAP. (DOES NOT CHANGE FORMATION STRENGTH.)

SHORT MOVEMENT - TIGHT END MOVEMENT THAT DOES NOT COME ACROSS THE FORMATION AND DOES NOT CHANGE THE FORMATION STRENGTH (USUALLY STARTING IN "E" POSITION).

MOVEMENT IN - MOVEMENT TOWARD THE BALL BY THE TIGHT END FROM A BACK ALIGNMENT. DOES NOT CHANGE THE FORMATION STRENGTH.

FLY - "H" OR "F" BACK MOVING (FLY) TOWARD THE TIGHT END SIDE.

PEEL - "H" OR "F" BACK MOVING (PEEL) AWAY FROM THE TIGHT END SIDE.

SHIFT - RESETTING OF THE BACKS OR RECEIVERS TO CHANGE THE BACKFIELD ALIGNMENT OR FORMATION.

6-1 BLITZ - SAM AND WILL LINEBACKERS BLITZ WITH NO PASS RESPONSIBILITY.

WEAK BLITZ - MIKE AND WILL (W/O) LINEBACKERS BLITZ WITH NO PASS RESPONSIBILITY. (WEAK DOES NOT REFER TO THE FORMATION STRENGTH.)

STRONG BLITZ - MIKE AND SAM (S/O) LINEBACKERS BLITZ WITH NO PASS RESPONSIBILITY. (STRONG DOES NOT REFER TO THE FORMATION STRENGTH.)

CINCO BLITZ - ANY COMBINATION OF FIVE RUSHERS. EXAMPLE: CINCO MIKE FREE.

KEY BLITZ - OUTSIDE BLITZER BLITZES BUT COVERS BACK M/M IF HE RELEASES ON PASS ROUTE HIS WAY.

CONTAIN - DEFENSIVE PLAYER HOLDING POSITION TO INSURE AGAINST REVERSES AND QUARTERBACK KEEP.

FLOW - BOTH BACKS GOING TOWARD THE STRONGSIDE ON NORMAL FORMATION.

FLOOD - BOTH BACKS GOING WEAKSIDE (PASS ACTION WEAKSIDE GENERALLY FROM BROWN OR "I"). ("FRANK" ACTION = ONE BACK BLOCKING.)

ROLL - BOTH BACKS AND BALL TO SAME SIDE. ACTION MUST BE DEFINITELY OUTSIDE THE OFFENSIVE TACKLE AREA. CAN BE RUN OR PASS.

BOOT - BALL AND QUARTERBACK GO AWAY FROM THE DIRECTION OF THE BACKS (ALSO QUICK BOOT WHEN THREE-STEP ACTION BY THE QUARTERBACK).

SPRINT - THE QUARTERBACK WITH THE BALL AND ONE BACK GOING STRONGSIDE OR WEAKSIDE.

DASH - THE QUARTERBACK TAKES A NORMAL DROP STRAIGHT BACK. IF NO BLITZ, THE BACK CHOPS THE DEFENSIVE END AND THEN THE QUARTERBACK BREAKS THE CONTAINMENT WIDE OUTSIDE TO THE RIGHT OR LEFT.

SLOW BLOCK - THE TIGHT END OR NEAR CHECKS FOR THE BLITZ; N/T HE RELEASES.

HELP - THE TIGHT END OR NEAR CUT BLOCKS DEFENSIVE LINEMAN ON PASS.

CHOP - THE BACK ASSISTS THE OFFENSIVE LINEMAN WITH CUT BLOCK ON PASS.
(CUT BLOCK BELOW THE WAIST IS ILLEGAL.)

ORANGE - A TERM USED TO DESIGNATE THREE WIDE RECEIVERS IN THE GAME.

EXOTIC - A TERM USED TO DESCRIBE ANY UNUSUAL FORMATION SUCH AS TRIPS, DOUBLE, ORANGE, ETC.

LOAD - TRIPS OR DOUBLE FORMATION WITH THE REMAINING BACK CHEATED TO THE SIDE OF THE TRIPS OR DOUBLE.

N/T - NOT THERE.

L.O.S. - LINE OF SCRIMMAGE.

C.P. - COACHING POINT.

P.O.A. - POINT OF ATTACK.

CAN - AUTOMATIC CALL TO CANCEL THE BLITZ AND LINE GAMES ACCOMPANYING THAT BLITZ. WE STAY IN THE ORIGINAL FRONT AND THE COVERAGE WILL GO TO X UNLESS ANOTHER COVERAGE IS CALLED.

OMAHA - A VERBAL SIGNAL USED TO CALL OFF A GAME OR STUNT. WE PLAY BASIC FRONT.

ON SIDE - SIDE OF OFFENSIVE LINE TO WHICH PLAY IS RUN.

OFF SIDE - SIDE OF OFFENSIVE LINE AWAY FROM WHICH PLAY IS RUN.

TOUGH TERRITORY (T.T.) - +9 YARDLINE TO GOAL LINE.

SHORT YARDAGE (S.Y.) - THIRD AND FOURTH DOWN OR TWO OR LESS YARDS.

BACK - EXCHANGE OF TE AND WING ALIGNMENT IN RELATION TO LINE OF SCRIMMAGE.

FLOP - X AND WING EXCHANGE POSITIONS IN RELATIONS TO THE T.E.

DEFENSIVE LINE AND LINEBACKER TERMINOLOGY

- EVEN ALIGNMENT - DEFENSIVE ALIGNMENT WITH NO LINEMAN ON THE CENTER.
- ODD ALIGNMENT - DEFENSIVE ALIGNMENT WITH LINEMAN ON THE CENTER.
- OVER DEFENSE - ODD DEFENSIVE ALIGNMENT OVERSHIFTED TOWARD THE TIGHT END SIDE.
- UNDER DEFENSE - ODD DEFENSIVE ALIGNMENT OVERSHIFTED AWAY FROM THE TIGHT END SIDE.
- LOOSE ALIGNMENT - WHEN THE LINEBACKERS LINE UP OFF THE LINE OF SCRIMMAGE BEHIND THE LINEMEN AND BETWEEN THE DEFENSIVE END AND DEFENSIVE TACKLE. "LOOSE CALL".
- STACK ALIGNMENT - WHEN THE LINEBACKERS LINE UP OFF THE LINE OF SCRIMMAGE BEHIND THE LINEMEN AND INSIDE OF THE DEFENSIVE TACKLE.
- HIP - THE LINEBACKER'S ALIGNMENT ON THE OUTSIDE HIP OF THE DEFENSIVE END.
- TAN - THE LINEBACKER'S ALIGNMENT DIRECTLY BEHIND THE DEFENSIVE LINEMAN.
- OKIE - THE LINEBACKER'S ALIGNMENT HEAD ON THE OFFENSIVE GUARD.
- REDUCE - THE LINEBACKER'S CALL TO THE LINEMEN TO ALERT THEM TO RETURN TO NORMAL FROM LOOSE OR STACK ALIGNMENT.
- OVER STRONG - OVER ALIGNMENT WITH MIKE AND WILL CHEATED STRONGSIDE.
- BUBBLE - THE AREA IN FRONT OF THE UNCOVERED OFFENSIVE LINEMEN.
- TWO GAP - DEFENSIVE MAN LINING UP OR CHARGING TO A HEAD-UP POSITION. RESPONSIBLE FOR THE GAP TO EITHER SIDE.
- ONE GAP - DEFENSIVE MAN LINING UP OR CHARGING TO THE INSIDE GAP. RESPONSIBLE FOR THAT INSIDE GAP.
- THREE GAP - DEFENSIVE MAN LINING UP OR CHARGING TO THE OUTSIDE GAP. RESPONSIBLE FOR THAT OUTSIDE GAP.
- SLANT - STUNT WHERE ALL THE LINEMEN CHARGE TOWARD THE TIGHT END SIDE.
- VEER - STUNT WHERE ALL THE LINEMEN CHARGE AWAY FROM THE TIGHT END SIDE.
- STUNT - CHARGE BY THE DEFENSIVE LINEMEN TO CHANGE THEIR ALIGNMENT AND ASSIST THEM AGAINST THE RUNNING GAME.
- GAME - CHARGE BY THE DEFENSIVE LINEMEN TO ASSIST THEM WITH THEIR PASS RUSH.
- "OMAHA" - VERBAL SIGNAL USED TO CALL OFF A GAME OR STUNT. WE PLAY BASIC FRONT.
- "SMASH" - CALL BY SIGNAL CALLER TO THE LINEMEN ON PASS DOWN TO ALERT THEM TO PLAY RUN FIRST. AUTOMATIC "OMAHA" OF ALL GAMES.
- "CHINA" - CALL MADE TO ALERT EVERYONE THAT STRENGTH OF FORMATION IS OPPOSITE THE FORMATION SHOWN. FOLLOWED BY DIRECTIONAL CALL (EX.: CHINA RIGHT)
- GONE - CALL BY MIKE TO THE LINEMEN WHEN HIS COVERAGE FORCES HIM TO LEAVE HIM NORMAL ALIGNMENT.
- ENGAGE - DEFENSIVE MAN ASSIGNED TO DRAW THE BLOCK OF AN OFFENSIVE MAN. ENGAGE HIM, THEN CARRY OUT THE SECONDARY RESPONSIBILITY.
- SEARCH - THE TECHNIQUE OF A LINEBACKER MOVING LATERALLY ALONG THE LINE OF SCRIMMAGE FROM HOLE TO HOLE IN PURSUIT OF THE BALL CARRIER.
- △ - SYMBOL FOR LINE TRIANGLE (CENTER, GUARDS, QUARTERBACK, BACKFIELD FLOW).
- IF - BLOCKING PATTERN BY THE OFFENSIVE LINEMAN WHERE HE HAS THE OPTION OF GOING THROUGH OR AROUND TO BLOCK THE LINEBACKER ("IFS" - INDICATES BOTH GUARDS).

LINEBACKER AND DEFENSIVE SECONDARY TERMINOLOGY

- FUNNEL - FORCE THE RECEIVER TO RELEASE INSIDE.
- FORCE - FORCE THE RECEIVER TO RELEASE OUTSIDE.
- DROP - TECHNIQUE OF MOVING INTO YOUR PASS COVERAGE.
- ZONE - A SPECIFIC AREA OF THE FIELD WHICH A DEFENDER HAS TO COVER.
- MAN/MAN - A PASS COVERAGE TECHNIQUE WHERE THE DEFENDER COVERS THE RECEIVER ANYWHERE IN THE FIELD OF PLAY.
- JAM (CHUCKING) - A METHOD USED BY THE LINEBACKER OR DEFENSIVE BACK IN OBSTRUCTING THE RECEIVER'S MOVEMENT DOWNFIELD.
- BUTCH - TECHNIQUE USED BY THE LINEBACKER IN CONJUNCTION WITH ANOTHER DEFENDER IN PASS COVERAGE. THE LINEBACKER WILL JAM AND DISRUPT THE RECEIVER AND ATTACK ANY GIMMICK PATTERN.
- COLLAPSE - PASS TECHNIQUE USED BY THE LINEBACKERS AND DEFENSIVE BACKS TO ELIMINATE QUICK THROWS TO A RECEIVER.
- STRIP - METHOD USED IN FORCING THE RECEIVER TO DROP THE BALL.
- SHUFFLE - METHOD USED BY THE LINEBACKER OR DEFENSIVE BACK IN GAINING AND MAINTAINING HIS TECHNIQUE.
- TECHNIQUE - AN ALIGNMENT OR RELATIVE INSIDE OR OUTSIDE POSITION ON A RECEIVER.
- REPLACE - SUPPORT PATTERN BY THE DEFENSIVE BACK TO "REPLACE" THE CONTAIN MAN IF HE IS BLOCKED AND LOSES CONTAINMENT. COACHING POINT: MUST SEE CRACKBACK FIRST.
- ZID - SAM OR W/O LINEBACKER DROPPING TO THE SLOT AREA (INSIDE THE WIDE RECEIVER).
- ZOD - SAM OR W/O LINEBACKER DROPPING TO THE "OUT" AREA (OUTSIDE THE WIDE RECEIVER).
- SLOOP - LINEBACKER TECHNIQUE ON FLOOD OR FLOW. DROP TOWARD MIDDLE, LOOK FOR THE FIRST BACK INSIDE OR N/T, ANY INSIDE BREAKING RECEIVER (EXAMPLE: SAM ON SPLIT COVERAGE VS. FLOOD).
- HANG - EXCHANGE OF ASSIGNMENT BETWEEN THE OUTSIDE LINEBACKER AND THE DEFENSIVE BACK VS. THE TIGHT END OR NEAR SLOW BLOCK (EXAMPLE: SAM ON ONE COVERAGE VS. FLOOD).
- HOLD - TELLS DEFENDER TO HOLD FOR SCREENS OR DELAYS IF THE RECEIVER HE IS COVERING BLOCKS (EXAMPLE: WILL ON ONE COVERAGE).
- BANJO - DESIGNATES IN AND OUT PASS COVERAGE BETWEEN TWO DEFENDERS RESPONSIBLE FOR ONE OR MORE RECEIVERS.
- MAN-IT - DESIGNATES M/M COVERAGE BETWEEN TWO LINEBACKERS OR DEFENSIVE BACKS RESPONSIBLE FOR ONE OR MORE RECEIVERS.
- RAINBOW - DESIGNATES M/M COVERAGE BY SAM ON STRONGBACK IN FLOOD ACTION.
- CLAMP - PASS COVERAGE TECHNIQUE USED TO COVER RECEIVERS EXCEPTIONALLY TIGHT.
- RAIDER - PASS COVERAGE TECHNIQUE USED BY MIDDLE LINEBACKER AND OUTSIDE LINEBACKER TO DOUBLE THE TIGHT END OR NEAR END.
- COB - (COMBINATION ON BACKS) TWO DESIGNATED DEFENDERS OR 2 REMAINING DEFENDERS HAVE "A" AND "B".
- CORA - COMBINATION COVERAGE BETWEEN MB AND S/S OR CORNER.
- GONE - LINEBACKER HELP ON WIDE RECEIVER M/M.

HELP - CALL BY A FREE DEFENSIVE BACK TO HELP ON ANOTHER RECEIVER (IN-OUT).

IN-OUT - INSIDE OUTSIDE COVERAGE BY TWO DEFENSIVE BACKS ON ONE RECEIVER. THE BACK TO THE SIDE OF THE HOOK OR CURL CLAMPS RECEIVER. OTHER BACK LOOSENS.

TAILGATE - TECHNIQUE WHERE YOU JAM, CLAMP, AND TRAIL THE RECEIVER ON HIS INSIDE OR OUTSIDE HIP. (USED AT GOALLINE)

CAIN - IN AND OUT COVERAGE BETWEEN THE WEAK CORNER AND WEAK SAFETY ON THE WEAK BACK AND NEAR END.

EXCHANGE - SWITCH IN ALIGNMENT BETWEEN TWO DEFENSIVE MEN (EXAMPLE: DEFENSIVE BACK AND OUTSIDE LINEBACKER EXCHANGE ALIGNMENT ON THE GOAL LINE).

SPEAR - STRONG SAFETY BLITZING FROM OUTSIDE ON THE GOAL LINE OR SHORT YARDAGE. THE LINEBACKER WILL COVER THE TIGHT END M/M.

BULLETS - WEAK CORNER BLITZING FROM OUTSIDE ON THE GOAL LINE OR SHORT YARDAGE. THE LINEBACKER WILL COVER THE NEAR END M/M.

PURPLE - CALL MADE PRECEDING COVERAGE INDICATING THAT WE WILL LINE UP IN THE COVERAGE BEFORE THE SNAP.

PREVENT - CALL MADE PRECEDING COVERAGE INDICATING THAT ALL DEFENDERS WILL LINE UP WITH DEPTH IN THE COVERAGE BEFORE THE SNAP.

M/M - MAN TO MAN.

▽ - SYMBOL FOR BACKFIELD TRIANGLE (QUARTERBACK AND BACKS).

SINGLE - PURE M/M COVERAGE ON THE BACKSIDE OF ANY FORMATION. REGULAR 5¢ OR 10¢.

COMPUTER TERMINOLOGY

FORMATION (SET) TABLE:

1. R	RED
2. O	GREEN
3. B	BROWN
4. I	I
5. Y	YELLOW
6. O	ORANGE
7. D	DOUBLE
8. DET	DETROIT
9. T	TRIPS
10. TEI	TIGHT END I
11. TET	TIGHT END T
12. SG	SHOTGUN
13. S	SPREAD
14. V	VIKING
15. BEAR	BEAR
16. P	PINK
17. SL	SLOT

FORMATION (VARIATION) TABLE: DEFENSE ONLY--OFFENSE USES ANYTHING

1. O	OPPOSITE
2. OFX	OPPOSITE POC
3. OFXNA	OPP. POC NASTY
4. OOP	OPPOSITE OPEN
5. ON	OPPOSITE NEAR
6. ONFX	OPP. NEAR POC
7. BACK	BACK
8. FX	SPOC
9. FXBACK	9POC BACK
10. E	EXCHANGE
11. C	CLOSE
12. N	NEAR
13. NFX	NEAR POC
14. NC	NEAR CLOSE
15. NCK	NEAR CRACK
16. CK	CRACK
17. CKFX	CRACK POC
18. SL	SLOT
19. NA	NASTY
20. NAFX	NASTY POC
21. NACK	NASTY CRACK
22. W	WING
23. LOAD	LOAD
24. SLLOAD	SLOT LOAD
25. DET	DETROIT
26. RED	RED
27. SPREAD	SPREAD
28. SLFX	SLOT POC
29. SLRED	SLOT RED
30. SLBACK	SLOT BACK
31. T	TRIPS
32. BB	BACK BACK
33. DALLAS	DALLAS
34. SLBRED	SLOT BACK RED
35. SLBLOAD	SLOT BACK LOAD
36. DETSLRED	DETROIT SLOT RED
37. DETSLOAD	DET. SLOT LOAD
38. SLFXRED	SLOT POC RED
39. SLFXLOAD	SLOT POC LOAD

40. ABACK	"A" BACK
41. SLC	SLOT CLOSE
42. NBACK	NEAR BACK
43. OP	OPEN
44. NE	NEAR EXCHANGE
45. CRED	CLOSE RED
46. CLOAD	CLOSE LOAD
47. DETSLBRD	DET. SL BACK RED
48. DETSLBLD	DET SL BACK LOAD
49. SLOP	SLOT OPEN
50. SLOPRED	SLOT OPEN RED
51. SLOPLOAD	SLOT OPEN LOAD
52. FXRED	POC RED
53. FXLOAD	POC LOAD
54. OPRED	OPEN RED
55. OPLoad	OPEN LOAD
56. BACKRED	BACK RED
57. BACKLOAD	BACK LOAD
58. ORED	OPPOSITE RED
59. OLOAD	OPPOSITE LOAD
60. TRED	TRIPS RED
61. TLOAD	TRIPS LOAD
62. TSL	TRIPS SLOT
63. TSLRED	TRIPS SLOT RED
64. TSLLOAD	TRIPS SLOT LOAD
65. NRED	NEAR RED
66. NLOAD	NEAR LOAD
67. NCRED	NEAR CLOSE RED
68. NCLOAD	NEAR CLOSE LOAD
69. BBRED	BACK BACK RED
70. BBLOAD	BACK BACK LOAD
71. ABRED	"A" BACK RED
72. ABLOAD	"A" BACK LOAD
73. TBACK	TRIPS BACK
74. TBRED	TRIPS BACK RED
75. TBLOAD	TRIPS BACK LOAD
76. DETSLFX	DETROIT SLOT POC
77. DSLFXRED	DET SLOT POC RED
78. DSLFXLD	DET SL POC LOAD
79. DETSLOP	DETROIT SL OPEN
80. DSLOPRED	DET SL OPEN RED
81. DSLOPLD	DET SL OPEN LOAD
82. DETRED	DETROIT RED
83. DETLOAD	DETROIT LOAD
84. DORED	DOUBLE RED
85. DOLOAD	DOUBLE LOAD
86. DOBRED	DOUBLE BACK RED
87. DOBLOAD	DOUBLE BACK LOAD
88. NABACK	NASTY BACK
89. SLE	SLOT EXCHANGE
90. SLERED	SL EXCHANGE RED
91. SLELOAD	SL EXCHANGE LOAD
92. DETSLE	DET. SL EXCHANGE
93. DETSLERD	DET. SL E RED
94. DETSLELD	DET. SL E LOAD
95. TO	TRIPS OPPOSITE
96. TORED	TRIPS OPP. RED
97. TOLOAD	TRIPS OPP. LOAD
98. ERED	EXCHANGE RED
99. ELOAD	EXCHANGE LOAD
100. BNE	BACK N EXCHANGE
101. BNERED	B N EXCHANGE RED
102. BNELOAD	B N E LOAD

RECEIVER PASS PATTERN TABLE:

1.	*L	SCREEN LEFT
2.	*R	SCREEN RIGHT
3.	1	QUICK OUT
4.	2	I CUT
5.	3	OUT
6.	3T	OUT AND UP
7.	4	POST
8.	5	CORNER
9.	6	CURL
10.	7	TAKE OFF
11.	8	TRAIL
12.	AO	ANGLE
13.	AR	ARROW
14.	C	CIRCLE
15.	CB	COME BACK
16.	CO	CURL AND GO
17.	CL	CURL
18.	CO	CIRCLE OVER
19.	CR	CORNER
20.	CS	CROSS
21.	D	DIAGONAL
22.	DO	DRAO
23.	DI	DELAY IN
24.	DO	DELAY OUT
25.	DT	DIAGONAL TAKE OFF
26.	FD	FADE
27.	OI	GO INSIDE
28.	GO	GO OUTSIDE
29.	FR	FAR
30.	HO	HOOK AND GO
31.	HK	HOOK
32.	HP	HELP
33.	I	I CUT
34.	KD	CHECK DOWN
35.	KO	CHECK OVER
36.	LI	LOOK IN
37.	LO	LOOK OUT
38.	M	M
39.	MD	MIDDLE
40.	OP	OPTION
41.	OT	OUT
42.	OV	OVER
43.	PT	POST
44.	GO	QUICK OUT
45.	QP	QUICK POST
46.	SK	SNEAK
47.	SL	SLICE
48.	SM	SEAM
49.	SO	SLOW
50.	TF	TAKE OFF
51.	TL	TRAIL
52.	WD	WIDE

FORMATION (MOTION) TABLE:

1.	AFY	"A" FLY
2.	APL	"A" PEEL
3.	BFY	"B" FLY
4.	BPL	"B" PEEL
5.	FFY	"F" FLY
6.	FPL	"F" PEEL
7.	HFY	"H" FLY
8.	HPL	"H" PEEL
9.	MO	MOTION
10.	MOO	MOTION OUT
11.	MTI	MOVEMENT IN
12.	MTO	MOVEMENT OUT
13.	MTS	MOVEMENT SHORT
14.	MV	MOVE
15.	MVO	MOVE OUT
16.	MVT	MOVEMENT
17.	MX	MIX
18.	SM	SHORT MOTION
19.	SMD	SHORT MOTION OUT
20.	WFY	WING FLY
21.	WIO	WING MOTION IN/OUT
22.	WM	WING MOTION
23.	WMO	WING MOTION OUT
24.	WSM	WING SHORT MOTION
25.	WSO	WING SHORT MOTION OUT
26.	WIO	WING MOTION IN/OUT
27.	XFY	"X" FLY
28.	XIO	MOTION IN/OUT

INTRODUCTION: STUNTS, GAMES AND BLITZ PATHS

FOR IDENTIFICATION PURPOSES, THE DEFENSIVE CHARGES VS. RUNNING PLAYS WILL BE CALLED STUNTS.

STUNT: COORDINATED CHARGE BY LINE AND LINEBACKER DESIGNED TO DISRUPT AND CREATE CONFUSION FOR THE OFFENSIVE BLOCKING PATTERN ON RUNNING PLAYS.

A. SOME COMMON STUNTS ARE:

1. SPIKE
2. RAM
3. LION

GAMES: COMBINATION OF VARIOUS CHARGES USED BY THE DEFENSIVE LINE TO AID IN THEIR PASS PUSH.

NOTE: THERE ARE ANY NUMBER OF COMBINATIONS THAT CAN BE UTILIZED WHEN USING BASIC GAMES.

A. SOME OF THE COMMON GAMES ARE:

1. "ME", "U"
2. "TOM", "TOMMY"

NOTE: WHEN MULTIPLE CALLS ARE MADE, IT IS IMPORTANT WE HAVE A SYSTEM TO DETERMINE WHICH CALL HAS PRIORITY.

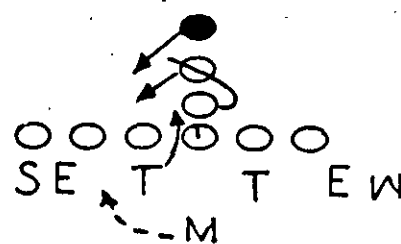
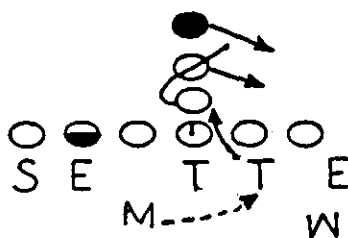
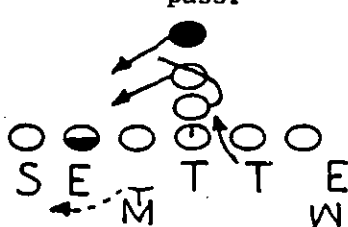
THE PRIORITY IS AS FOLLOWS:

1. DEFENSIVE SIGNAL CALLER
2. MIKE
3. OUTSIDE LINEBACKER
4. ENDS
5. TACKLES

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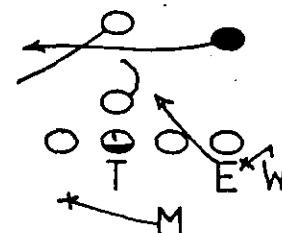
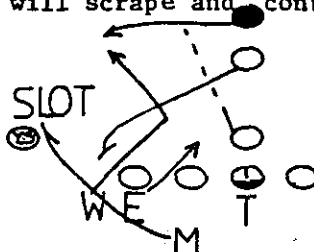
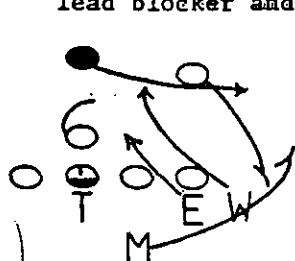
Spike

A stunt between the DT's and Mike where the tackle indicated will make a hard inside gap charge. Mike will make the call. C.P.: Becomes a Tom or Tommy on pass.



Bam

An Over stunt between DE, Mike and Will backed up by coverage. The designated DE will make a Ram charge. On Flow the OLB will attack and penetrate underneath the lead blocker and Mike will scrape and contain outside. Mike will make call.



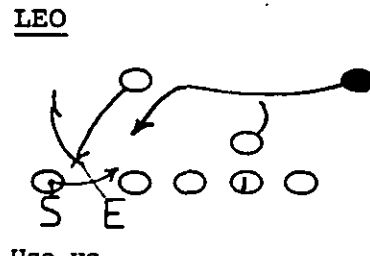
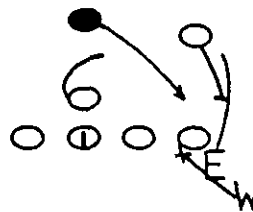
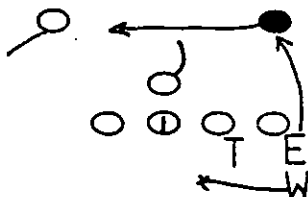
Flow to

Flow to

Flow away

Lion

A pass or run call made by OLB to give DE outside pass rush and contain responsibility which allows the backer to pursue or play pass. Backer will make call.



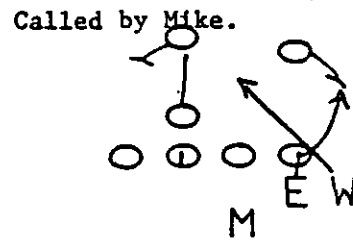
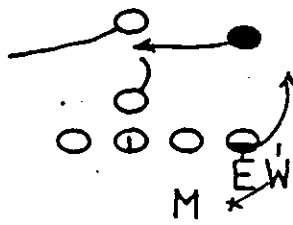
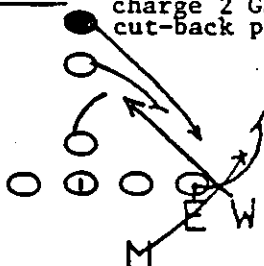
Flow away

Flow to

Use vs.
Flex only Flow to

Loop

A stunt by DE, OLB and Mike used with regular run defenses or Blitz which must be backed by coverage. On Flow OLB will fire through OT's outside hip and DE will charge 2 Gap and then swing to a contain position. On Flow to Mike scrape to cut-back position.



Flow to

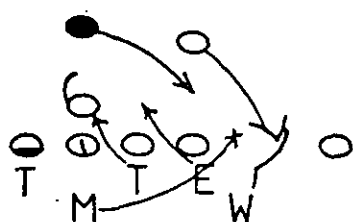
Flow away

Blitz

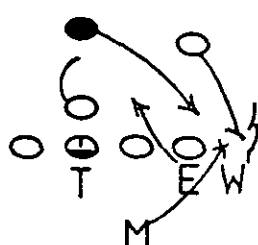
RAM

Coordinated stunt between DE and Mike or DE and OLB where DE makes hard inside gap charge and on flow LBer scrapes off DE's heels. May be called by any LBer when playing bubble. C.P.: On under and over becomes me game vs. pass.

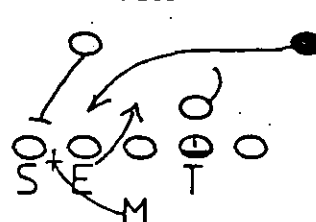
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Over

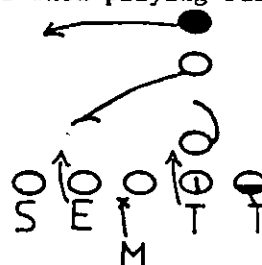
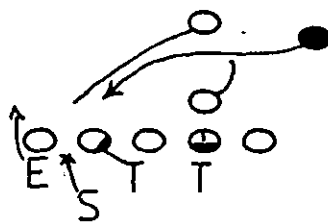
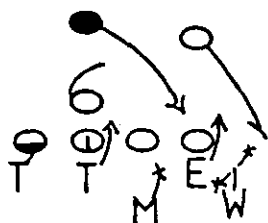


Under



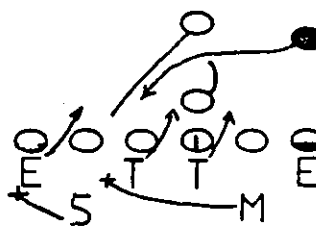
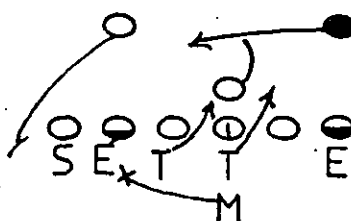
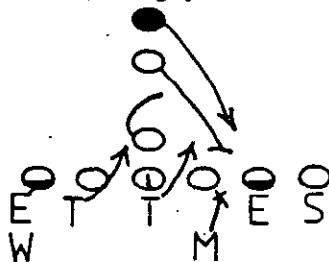
EVEN

Companion stunt used with Ram charge where DE & DT make controlled charge to outside Gap toward bubble. May be called by any LBer when playing bubble.



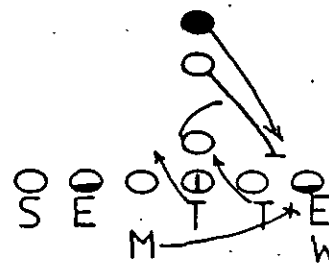
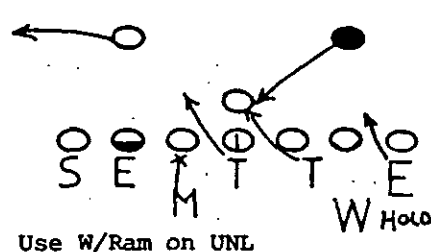
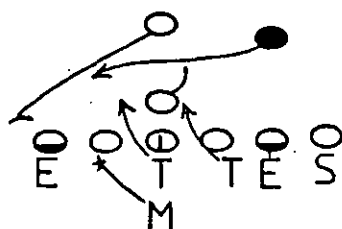
RITA

Stunt which strengthens the middle in Over and Under by the DTs charging inside gap to bubble and DE away from call charging 2 Gap. Called by Mike.



LIL

Same as Rita only opposite direction. Lil means left.

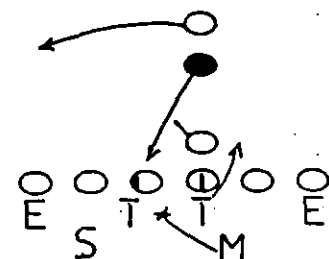
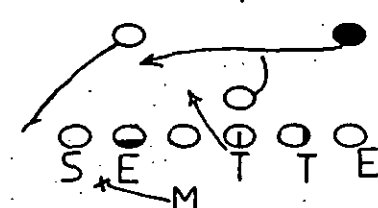
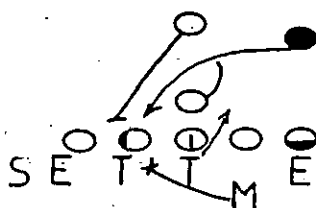


Use W/Ram on UNL

W Hold

REX

Nose man charging back to bubble. Mike must be more middle-conscious. Called by Mike.

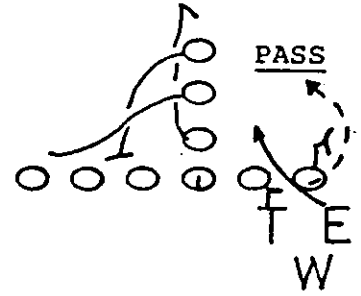
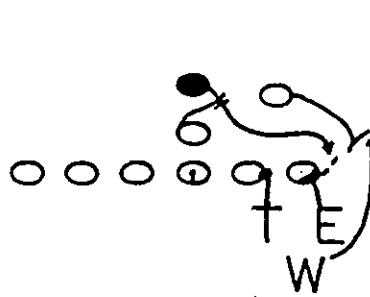
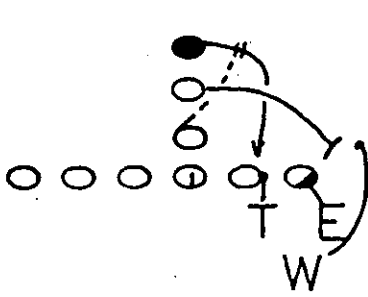


Also page 147

SLAM

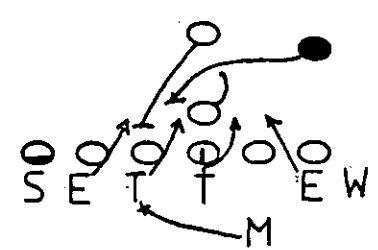
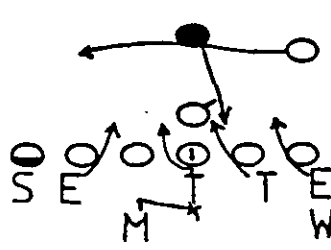
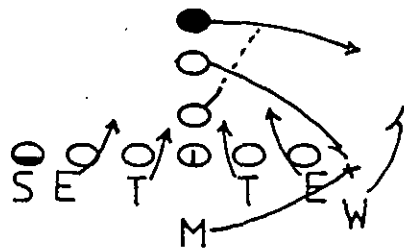
Stunt between End and OLB to strengthen 4-5 Hole.

End charge to 2 Gap on OT. LBer has contain and QB keep on pass End and Tackle run "me" game.



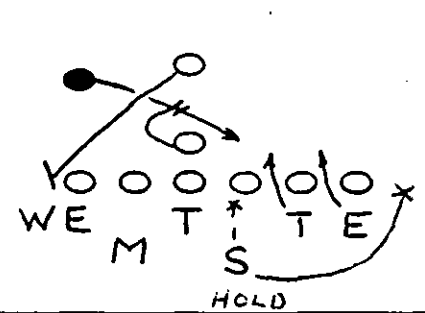
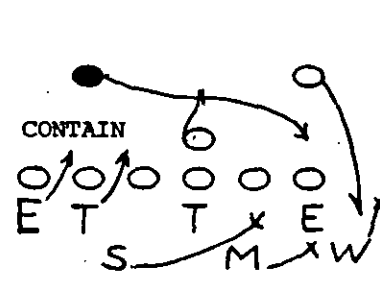
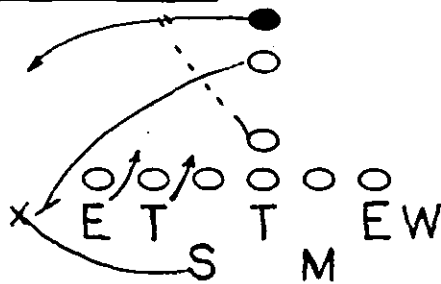
MARY

Called by Mike from any front when anticipating inside runs. DEs and DTs charge inside gaps and Mike scrape. C.P.: Nose tackle hit center first.



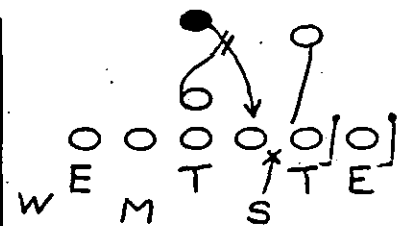
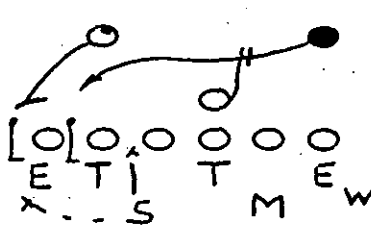
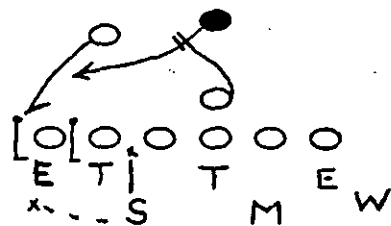
INDIAN

Ram Technique. End still has contain if the ball goes away.



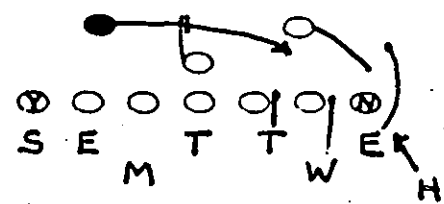
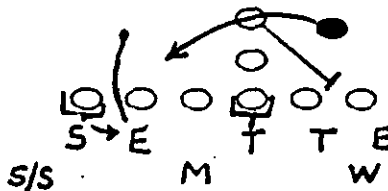
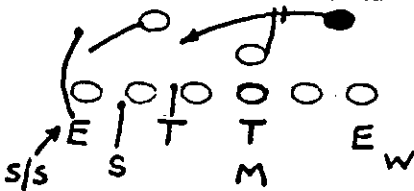
OUTLAW

Cross Hands Technique. End has the support, turn all play in. You have contain.



LEO

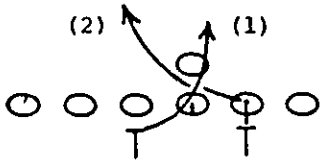
CALL MADE BY OLB ON TE OR NEAR SIDE END HAS CONTAIN. S/S OR CORNER MUST HEAR CALL.



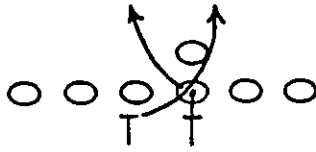
PASS RUSH GAMES

TOMMY (LEFT TACKLE GOES FIRST)

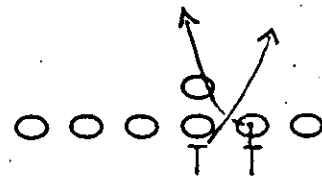
Tom or Tommy games are a cross rush between the DTs. It is designed to jam the guards and center, freeing the remaining tackle before the blockers can become disengaged and adjust to the game.



4-3

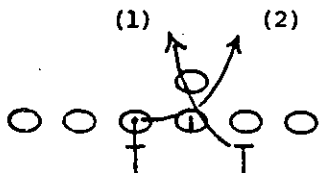


OVER

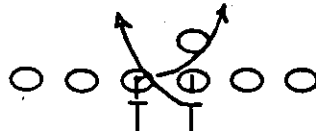


UNDER

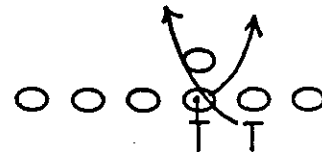
TOM (RIGHT TACKLE GOES FIRST)



4-3

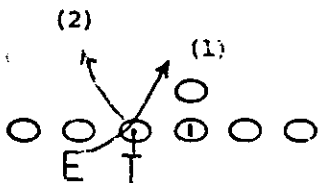


OVER

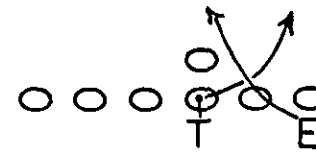


UNDER

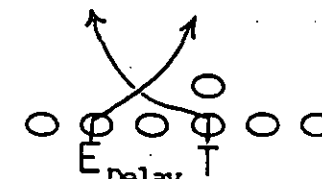
ME (END GOES 1st) or You Games are a cross rush between the DE and DT. It is designed to tie up two blockers with one rusher, enabling the remaining rusher to get to the passer before the blockers can adjust.



4-3

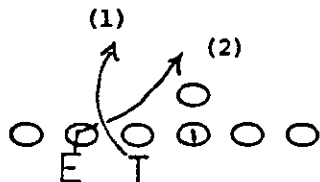


OVER

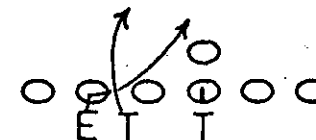


UNDER

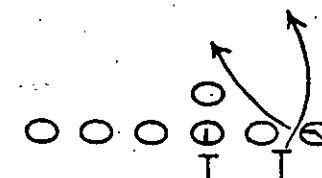
YOU (TACKLE GOES FIRST)



4-3



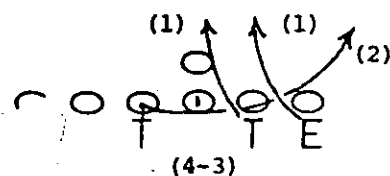
OVER



UNDER

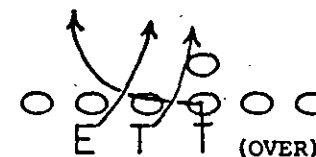
Balt. and 49er - Balt. and 49er games are a cross involving the two DTs and DE. One tackle and the End will make inside charges and the other tackle will swing behind.

Balt. W/S



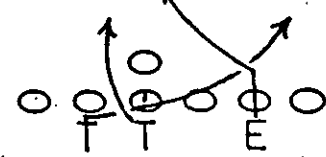
(4-3)

Balt. (OVERSHIFT)



(OVER)

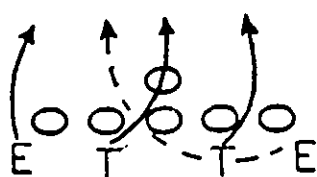
49er (BUBBLE)



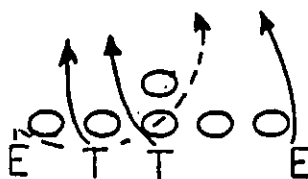
(UNDER)

NOTE: BALTIMORE IS RUN TO OVERSHIFT SIDE, 49ER TO BUBBLE.

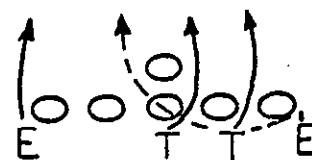
REVERSE BALTIMORE - a game involving both DT's and one DE. The DT's clear and the DE swings behind.



(4-3)

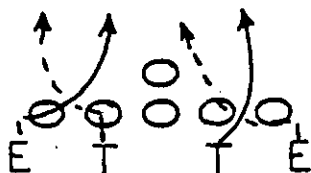


(OVER LEFT)

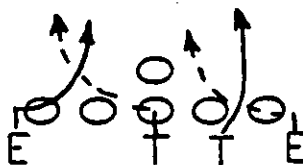


(OVER RIGHT)

WEST COAST - "ME" left, "YOU" right.



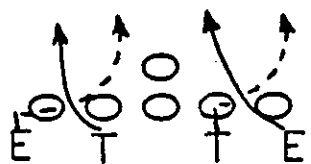
(4-3)



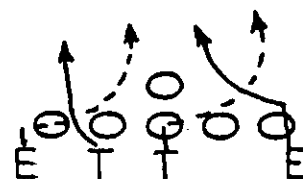
(OVER RIGHT)



EAST COAST - "YOU" left, "ME" right.



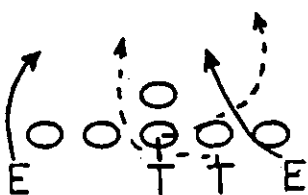
(4-3)



(OVER LEFT)

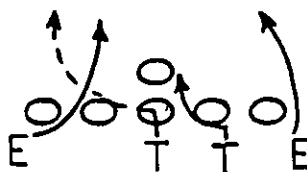


ME - TOM



(OVER RIGHT)

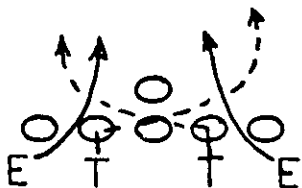
SPIKE - ME



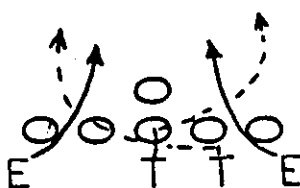
(OVER RIGHT)



YPSILANTI - Double "ME" with DT's exchanging

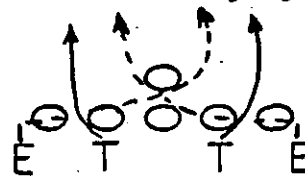


(4-3)



(OVER RIGHT)

REVERSE YPSI - Double "YOU" with DE's exchanging.



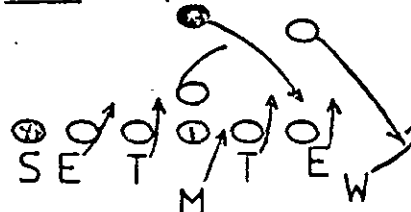
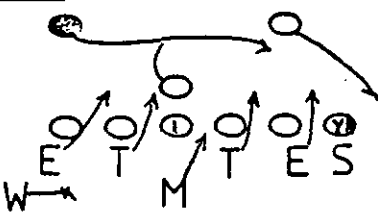
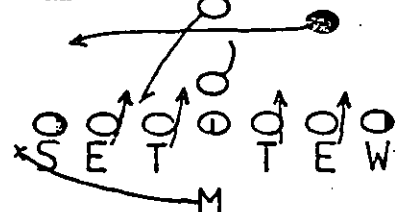
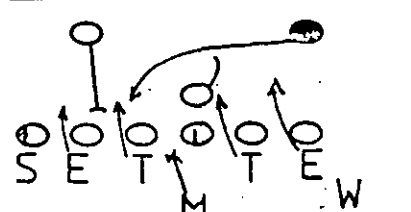
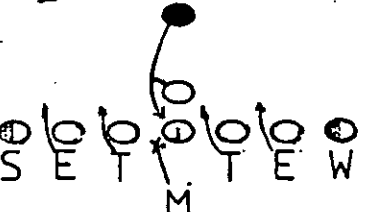
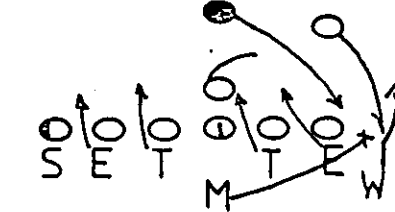
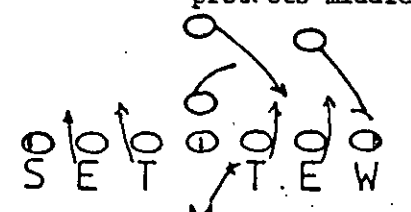
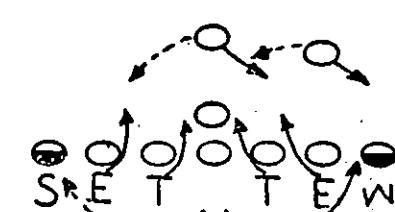
(4-3)

GOAL LINE
AND
SHORT YARDAGE
STUNTS

TO BE USED BY FORMATION AND TENDENCY, MOSTLY ON GOAL LINE AND SHORT
YARDAGE FROM 4-3 ALIGNMENT.

EXAMPLE CALL: "TIGHT 4-3 SX" OR
"GOAL LINE 6-2"

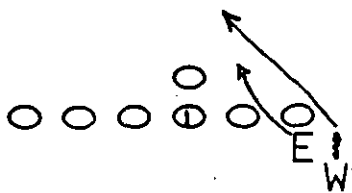
NOTE: IF SLANT GIVE LINE DIRECTION TO T.E.
VEER GIVE LINE DIRECTION AWAY FROM T.E.
ROSE (RIGHT), LIZ (LEFT) IS FIELD DIRECTION CALL.

<p><u>ROSE</u></p>	<p>Angle by Defensive Line and LBars to our right. To be used by formation and tendency and mostly on SY or GL from 4-3 alignment. Called by Mike.</p>	
<p><u>ROSE</u></p> 	<p><u>ROSE</u></p> 	<p><u>ROSE</u></p> 
<p><u>LIZ</u></p>	<p>Same as above but to our left. (Slant to the Tight End)</p>	
<p><u>LIZ</u></p> 	<p><u>LIZ</u></p> 	<p><u>LIZ</u></p> 
<p><u>OTTO</u></p>	<p>4-3 Stunt where DE's and DT's charge outside gap and Mike protects middle.</p> 	<p><u>MARY</u></p> <p>4-3 Stunt where DE's and DT's pinch inside. Mike scrapes to flow outside DE.</p> 

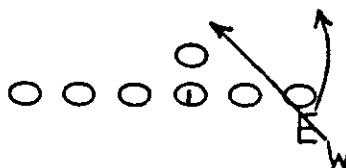
LINEBACKER BLITZ PATH

THESE ARE COORDINATED STUNTS INVOLVING LINEBACKERS AND DEFENSIVE LINEMEN TO BE USED WHEN BLITZING. THE CHANGES IN RESPONSIBILITY AND BLITZ PATHS ARE SHOWN BELOW.

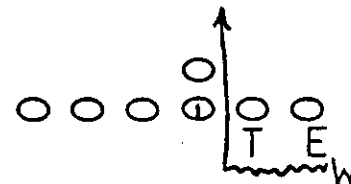
Will



Will-Outside DE

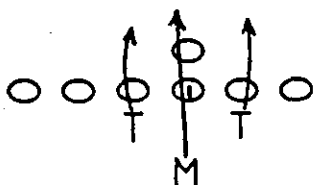


WES-Inside DE

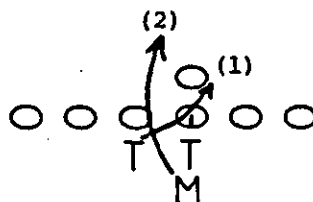


Wig-Inside DT

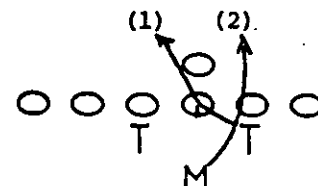
Mike



Mike-Between DT'S

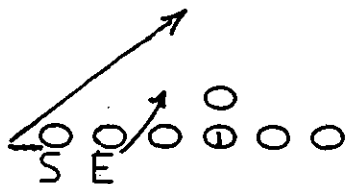


Max - Between DT & DE to TE

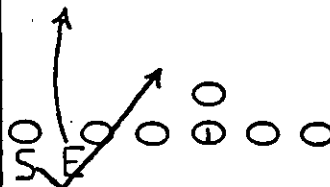


Mae - Between DT & DE away from'

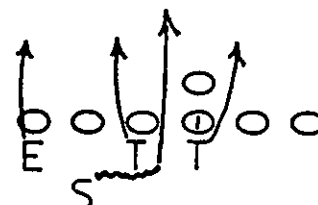
Sam



Sam-Outside DE

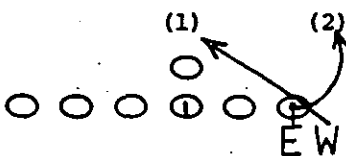


SED-Inside DE

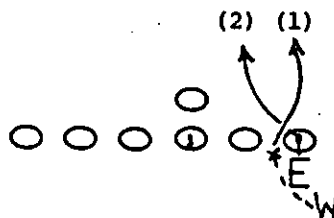


Sid-Inside DT

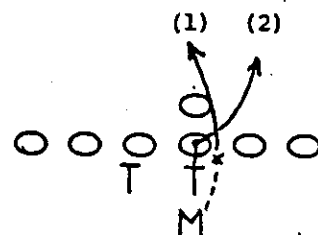
BACKER-LINE GAMES



WILL/LOOP

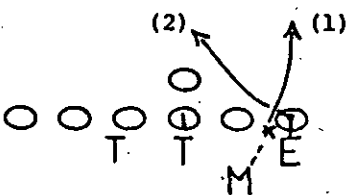


Will/End

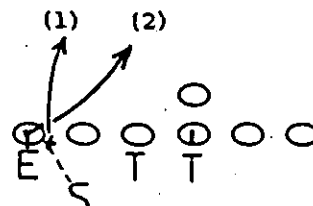


Mike/Tac.

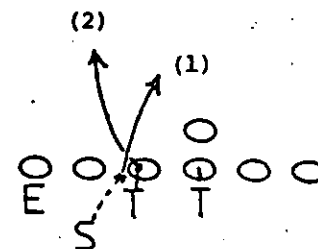
BACKER-LINE GAMES



Mike/End



Sam/End



Sam/Tac

TWO MINUTE SITUATION

PROBABLY THE MOST CRITICAL PART OF A BALL GAME IS TWO MINUTES TO GO IN EITHER HALF. MANY A GAME IS WON OR LOST DURING THIS VITAL TIME. IT IS NOT ONLY IMPERATIVE FOR THE TEAM CAPTAIN TO KNOW WHEN TIME IS OUT, AND WHETHER THE CLOCK STARTS WITH THE SNAP OR WITH THE REFEREE'S WHISTLE, BUT FOR EACH INDIVIDUAL PLAYER, ALSO. TIME OUTS MUST BE SAVED FOR THESE PERIODS. AS A GENERAL RULE, TIME OUTS WILL BE CONTROLLED BY THE HEAD COACH. A TEAM THAT CAN HANDLE ITSELF THROUGH THIS PERIOD WITHOUT CONFUSION AND FRUSTRATION WILL BE THE WINNER.

A. MUST PREVENT SCORE (EXPEND TIME)

PREVENT DEFENSES OR BASIC DEFENSES WITH DEPLOYMENT MAY BE USED. THE OPPONENT NEEDING A TOUCHDOWN OR FIELD GOAL MIGHT BE PLAYED DIFFERENTLY. WE MUST KNOW HOW TO EXPEND TIME ON DEFENSE. BLITZ ONLY IN CRUCIAL SITUATIONS.

1. DO NOT LET THE RUNNER OR RECEIVER OUT OF BOUNDS.
2. GET UP SLOWLY FROM PILE-UPS (USE GOOD JUDGMENT).
3. LINEMEN - TAKE YOUR TIME BACK TO THE LINE OF SCRIMMAGE AFTER COMPLETION (NO PENALTY). KNOW IT'S YOUR RESPONSIBILITY TO GET SET PRIOR TO SNAP.
4. IF TACTICAL, REFUSE PENALTIES TO KEEP THE CLOCK RUNNING.
5. IF A TIME OUT IS NEEDED, DO NOT CALL IT WHEN THE CLOCK IS RUNNING. WAIT UNTIL THE BALL IS DEAD.

B. MUST GAIN POSSESSION (CONSERVE TIME)

USE BASIC DEFENSES THAT ARE STRONG AGAINST THE RUN. BLITZ ONLY WHEN IT WILL STRENGTHEN US AGAINST A RUN OR WHEN CONFUSION MIGHT CAUSE A FUMBLE. EVERYONE MUST GO FOR THE BALL.

HOW TO CONSERVE TIME ON DEFENSE:

1. IT IS IMPORTANT TO KNOW THAT THE CLOCK IS STOPPED ON ALL INCOMPLETE PASSES, BALL OUT OF BOUNDS, WHEN THE REFEREE STOPS THE CLOCK TO ASSESS A PENALTY, FOR MEASUREMENT OR FOR OTHER REASONS.
2. DO NOT WASTE A TIME OUT WHEN THE CLOCK IS STOPPED. USE THE TIME OUTS STRATEGICALLY TO STOP THE CLOCK AND CALL A TIME OUT AS SOON AS THE WHISTLE BLOWS TO COMPLETE THE PLAY.
3. IF A PENALTY IS REFUSED, THE CLOCK STARTS IMMEDIATELY; OTHERWISE, NOT UNTIL THE BALL IS PUT INTO PLAY.
4. UNPILE QUICKLY AND GET INTO A DEFENSIVE HUDDLE. THE NEXT PLAY MUST BEGIN THIRTY SECONDS AFTER THE REFEREE'S SIGNAL BALL IS READY FOR PLAY. THE QUICKER THE DEFENSE IS READY, THE QUICKER THE REFEREE WILL SIGNAL.

THE FOLLOWING POINTS ARE IMPORTANT IN THE LAST TWO MINUTES:

1. THE CLOCK IS NOT STARTED AFTER A SCORE UNTIL THE KICKOFF IS LEGALLY TOUCHED.

TWO MINUTES cont.

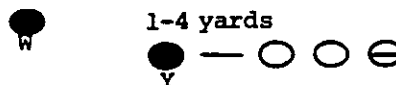
2. THE REFEREE MUST NOTIFY THE CAPTAIN AND COACH WHEN THE ALLOTTED THREE TIME OUTS ARE USED UP.
3. AUTOMATIC OFFICIAL'S TIME OUT UPON THE CAPTAIN ASKING OR DISCUSSING MEASUREMENT FOR THE FIRST DOWN.
4. PRIOR TO THE LAST TWO MINUTES, A TIME OUT IN EXCESS OF THREE IS A FOUL UNLESS FOR AN INJURED PLAYER, WHO MUST BE REMOVED FROM THE GAME. TIME STARTS AT THE REFEREE'S SIGNAL (THE CAPTAIN DESIGNATES THE PLAYER). ANY ADDITIONAL TIME OUTS WILL RESULT IN A FIVE YARD PENALTY.
5. IF THE TEAM IN POSSESSION IS BEHIND OR THE SCORE IS TIED DURING THE LAST TWO MINUTES OF EITHER HALF, A FOURTH TIME OUT FOR AN INJURED PLAYER MAY BE REQUESTED WITHOUT PENALTY; BUT TEN SECONDS WILL BE RUN OFF THE REFEREE'S SIGNAL BEFORE THE BALL IS PUT IN PLAY. FOULS BY THE OFFENSIVE TEAM SHALL NOT STOP THE CLOCK. FOULS BY THE DEFENSIVE TEAM SHALL STOP THE CLOCK, AND THE CLOCK STARTS AT THE SNAP.
6. EITHER HALF CAN END DURING THE TEN SECOND PERIOD OR OFFENSIVE FOUL.

FORMATION RECOGNITION

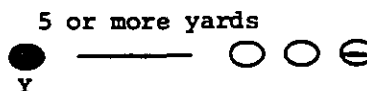
OFFENSIVE FORMATIONS ARE CALLED IN FOUR PARTS AND ARE CALLED IN THE FOLLOWING ORDER:

1. DIRECTION OF THE Y END
 2. STRENGTH OF THE FORMATION - TWO RECEIVER SIDE
 3. COLOR BY BACKFIELD ALIGNMENT
 4. POSITION OF THE RECEIVERS (X, Y, AND W)
1. A COLOR OR NAME IS ASSIGNED TO EACH OF THE POSSIBLE BACKFIELD COMBINATIONS, DISREGARDING WHETHER OR NOT THE W IS SET LEFT OR RIGHT.
 2. THE DIRECTION THE W SETS WILL DETERMINE WHETHER THE FORMATION STRENGTH WILL BE CALLED "LEFT" OR RIGHT".
 3. IF THE Y END IS LESS THAN ONE YARD FROM THE STRONGSIDE TACKLE AND THE X END IS SIX OR MORE YARDS FROM THE WEAKSIDE TACKLE AND THE WING IS 6 YARDS OR MORE FROM THE TE. THIS IS CONSIDERED NORMAL AND NO FOURTH FORMATION CALL IS NECESSARY. IF ANY OF THE FOLLOWING EXCEPTIONS OCCUR:

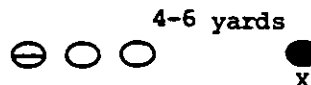
- A. Y END - ONE TO FOUR YARDS FROM THE STRONGSIDE TACKLE CALL FLEX.



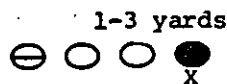
- B. Y END - FIVE OR MORE YARDS FROM THE STRONGSIDE TACKLE CALL OPEN.



- C. X END - FOUR TO SIX YARDS FROM THE WEAKSIDE TACKLE CALL NASTY.



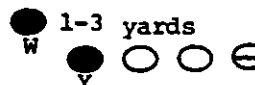
- D. X END - ONE TO THREE YARDS FROM THE WEAKSIDE TACKLE CALL NEAR.



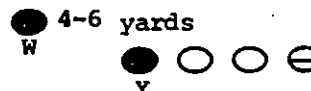
- E. IF W AND X ARE BOTH SET ON THE SAME SIDE CALL OPPOSITE.



- F. IF W IS SET ONE TO THREE YARDS FROM Y CALL CLOSE.



- G. IF W IS SET FOUR TO SIX YARDS FROM Y CALL CRACK.



- H. IF Y IS IN AN OPEN POSITION WITH W INSIDE CALL "E" (EXCHANGE).

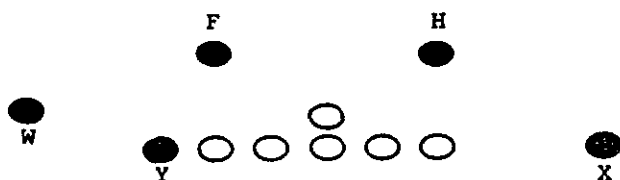


- I. BACK - EXCHANGE OF T.E. AND FLANKER - ALIGNMENT IN RELATION TO LINE OF SCRIMMAGE.

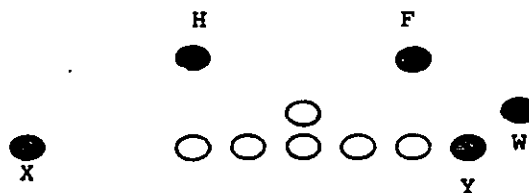


FORMATIONS

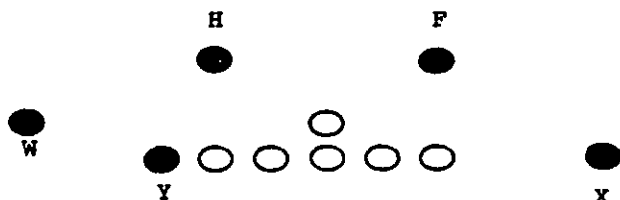
RED LEFT (RL)



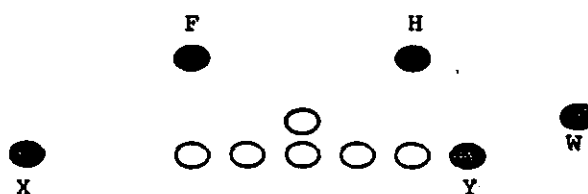
RED RIGHT CLOSE (RRC)



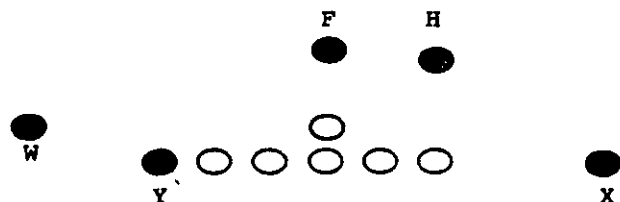
GREEN LEFT (GL)



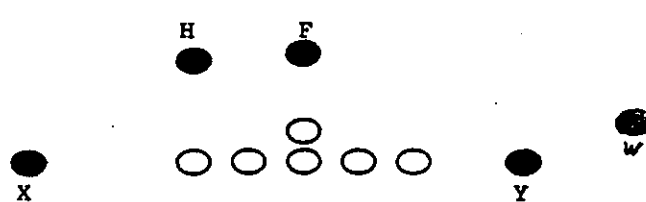
GREEN RIGHT CRACK (GRCR)



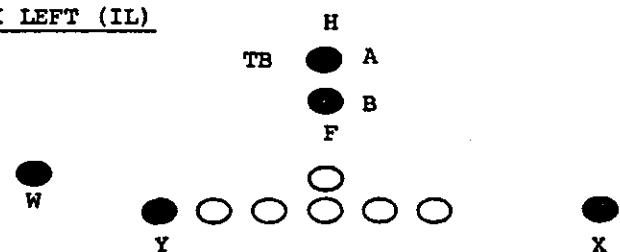
BROWN LEFT (BL)



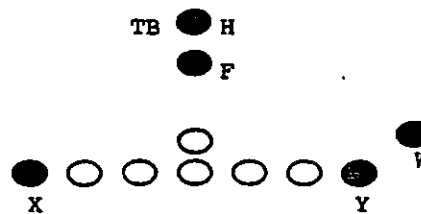
BROWN RIGHT FLEX (BRF)



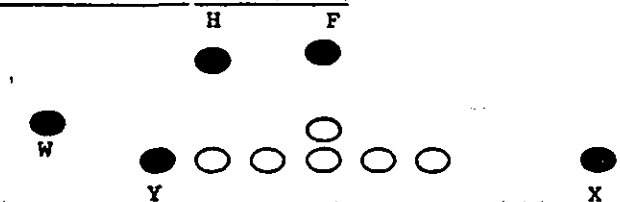
I LEFT (IL)



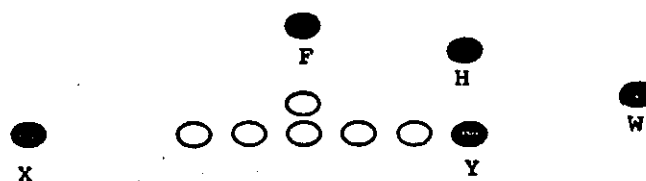
I RIGHT NEAR CLOSE (IRNC)



YELLOW LEFT CRACK (YLCR)

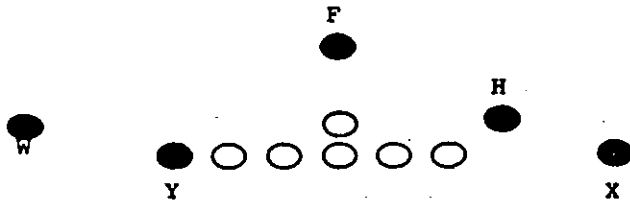


YELLOW RIGHT (CHEAT) (YRCH)



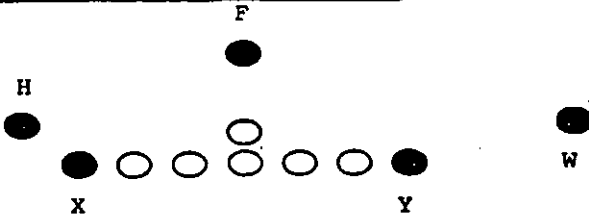
FORMATIONS

E N LEFT DOUBLE (BLD)



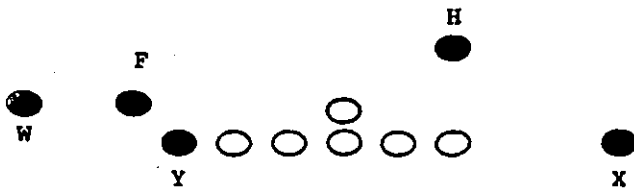
DEF. CALL: "DOUBLE LEFT:

BROWN RIGHT NEAR DOUBLE (BRND)



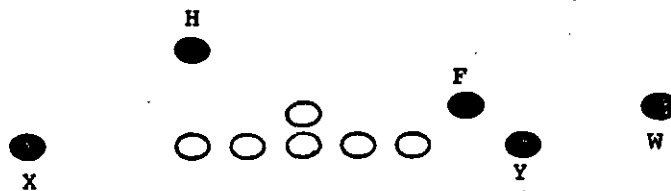
"DOUBLE RIGHT NEAR"

RED LEFT TRIPS (RLT)



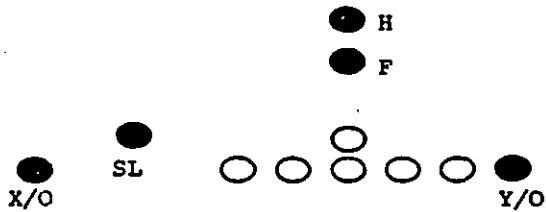
"TRIPS LEFT - RED"

RED RIGHT FLEX TRIPS (RRFT)

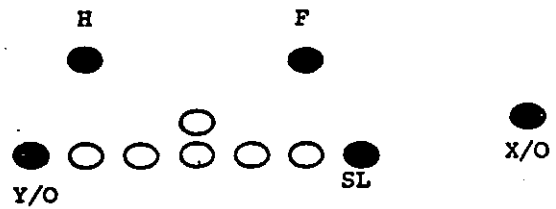


"TRIPS RIGHT FLEX - RED"

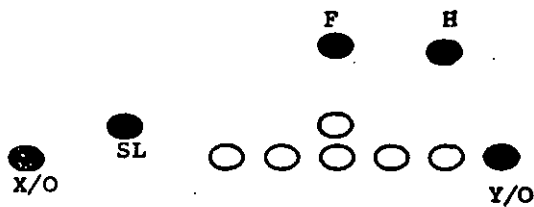
I LEFT OPPOSITE (ILO)



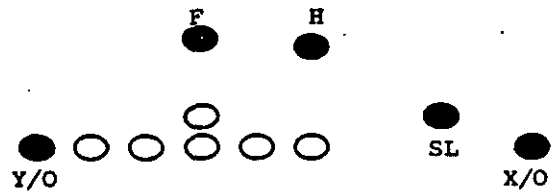
GREEN RIGHT OPPOSITE NEAR (GRON)



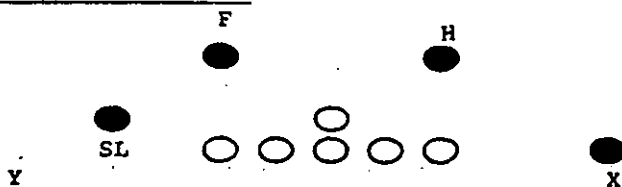
YELLOW LEFT OPPOSITE (YLO)



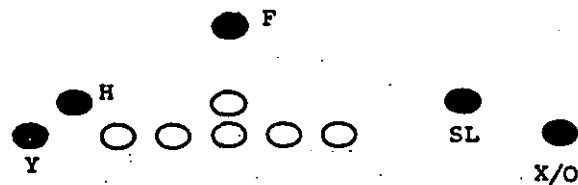
BROWN RIGHT OPPOSITE (BRO)



RED LEFT "E" (RLE)



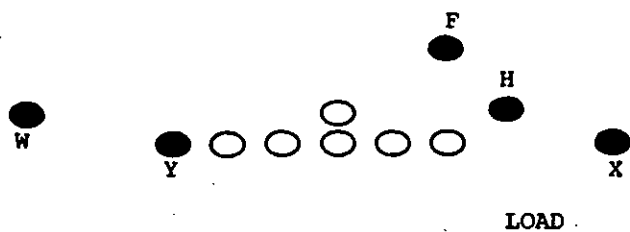
YELLOW RIGHT OPPOSITE FLEX DOUBLE (BROFD)



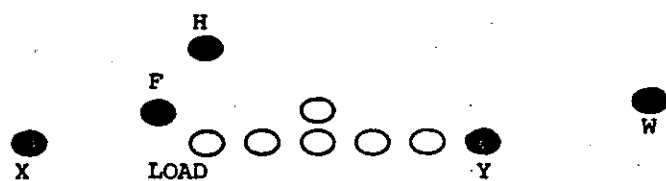
"DETROIT RIGHT FLEX"

FORMATIONS

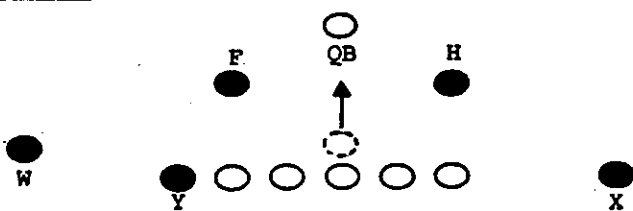
DOUBLE LEFT LOAD (DLLO)



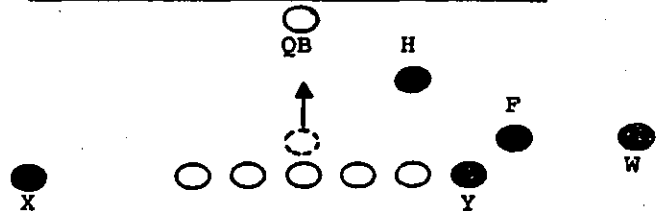
DOUBLE RIGHT LOAD (DRLO)



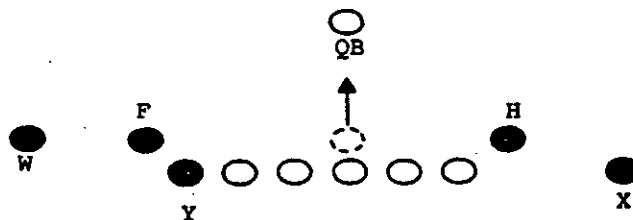
SHOT GUN RED LEFT (SGRL)



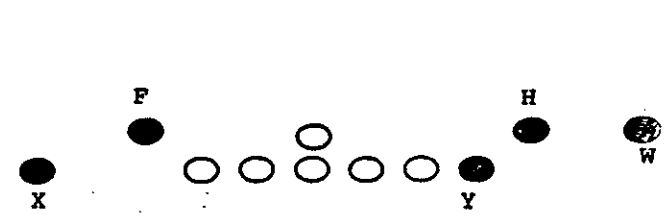
SHOT GUN TRIPS RIGHT LOAD (SGTRLO)



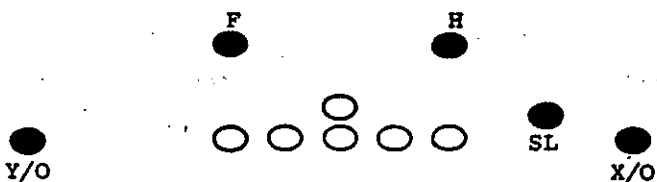
SHOT GUN SPREAD LEFT (SGSL)



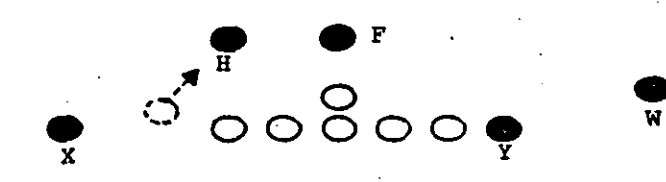
SPREAD RIGHT (SR)



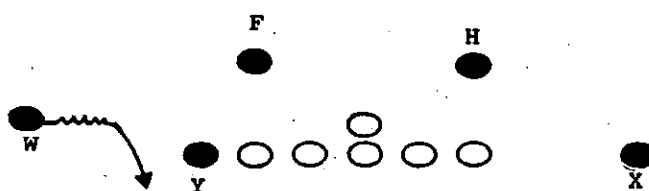
RED RIGHT OPPOSITE OPEN (RROOP)



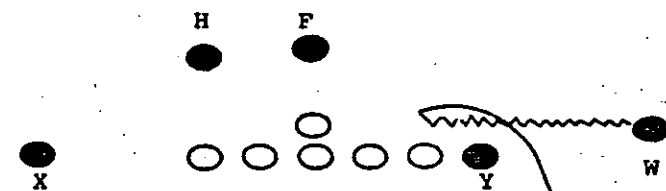
SHIFT BROWN RIGHT DOUBLE TO BROWN RIGHT (BR)



RED LEFT - SHORT MOTION (RLSM)

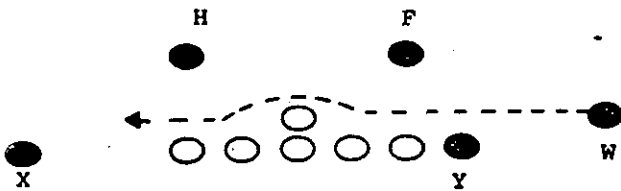


BROWN RIGHT - MOTION IN - OUT (BRWIO)

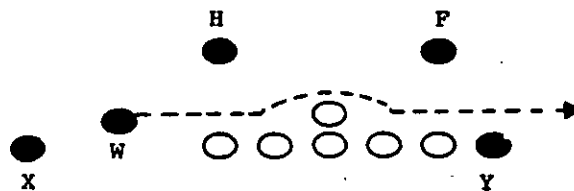


FORMATIONS

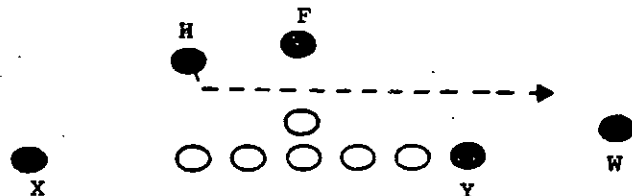
1 ON TO RED LEFT OPPOSITE (RLO)



MOTION TO RED RIGHT (RR)

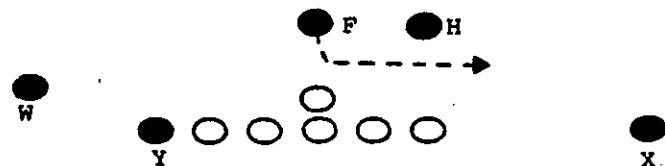


(BROWN RIGHT) "H" FLY



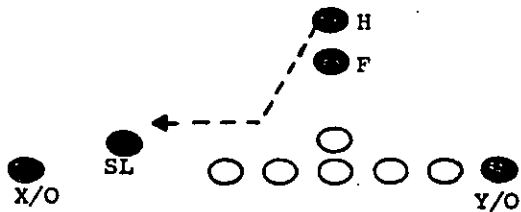
"H Fly to Trips Right"
Fly - action of either back moving toward the tight end.

(BROWN LEFT) "F" PEEL LOAD



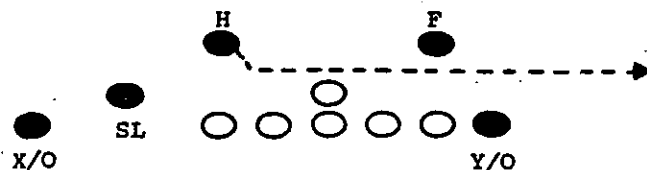
"F Peel to Double Load"
Peel - action of either back moving away from the tight end.

(I LEFT OPPOSITE) "H" PEEL



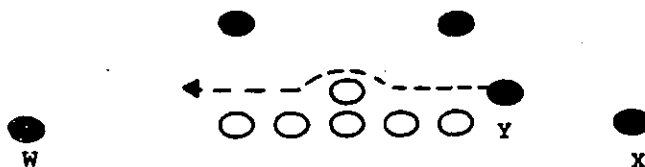
"H PEEL TO TRIPS LEFT OPPOSITE"

RED LEFT OPPOSITE "H" FLY



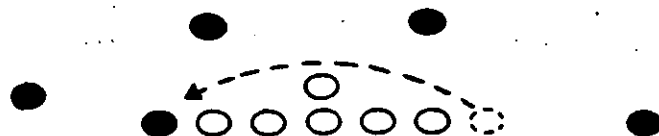
"H FLY TO DETROIT LEFT"

(TIGHT END) MOVEMENT TO RED LEFT (MVT RL)



Movement - TE moving at snap of ball from one side to another to change strength.

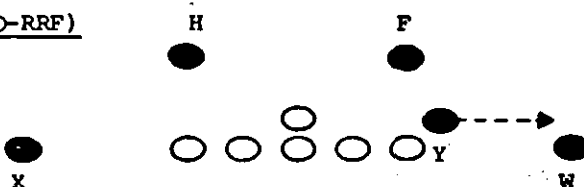
(TIGHT END) MOVE TO RED LEFT (MV RL)



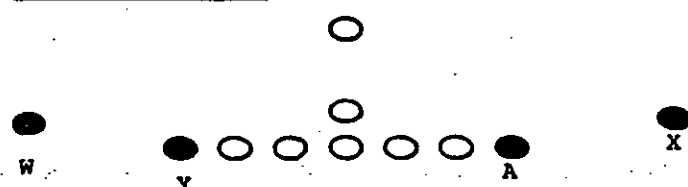
Move - TE resetting from one side to another to change strength.

(TIGHT END) MOVEMENT OUT TO RED RIGHT FLEX (OR "E")

(MVTO-RRF)

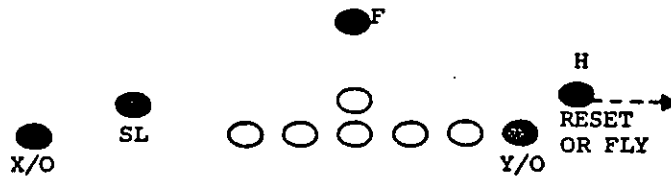


VIKING LEFT - (VL)



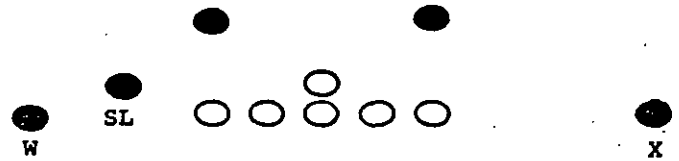
FORMATIONS

BROWN LEFT OPPOSITE DOUBLE (BLOOD)

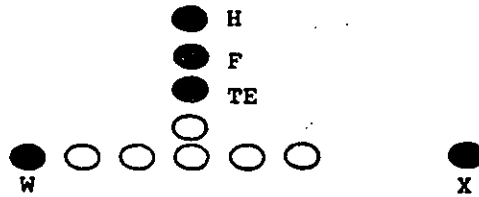


"DETROIT LEFT" ORANGE IF THREE WIDE RECEIVERS

RED LEFT SLOT (THREE WIDE RECEIVERS) (ORANGE) (RLSL)

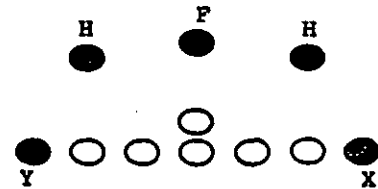


TE "I" (NO STRENGTH) (TEI)



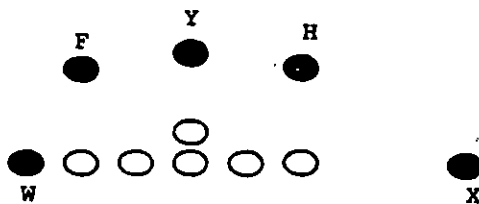
NO STRENGTH = STRONG LEFT

FULL "T" NEAR (NO STRENGTH) (FTN)



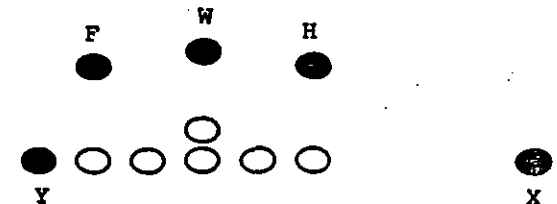
NO STRENGTH = STRONG LEFT

TE "T" (NO STRENGTH) (TET)

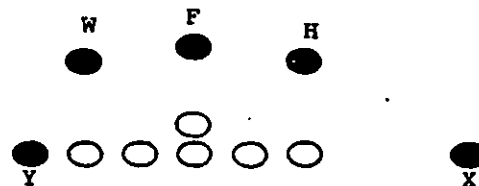


NO STRENGTH = STRONG LEFT

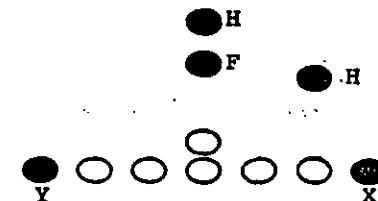
WING RED LEFT (STRONG LEFT) (WRL)



WING BROWN LEFT (STRONG LEFT) (WBL)

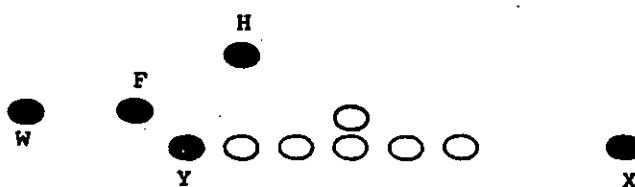


POWER I (NO STRENGTH) (POW I)

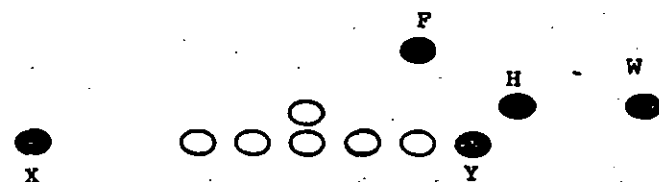


NO STRENGTH = STRONG LEFT

TRIPS LEFT LOAD (TLLO)



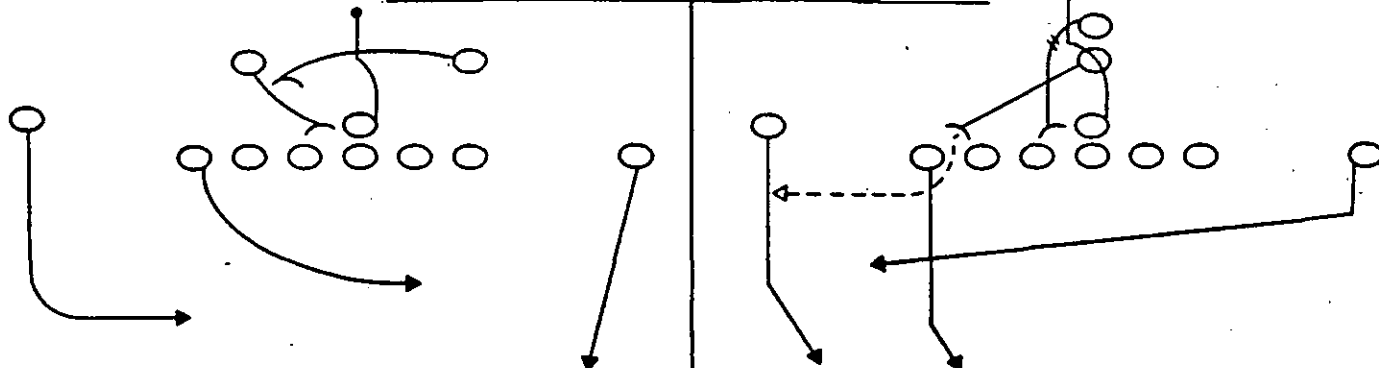
TRIPS RIGHT LOAD (TRLO)



1 "8" PASS (RED OR YELLOW)

134 "9" PASS (Y HOOK W CB)

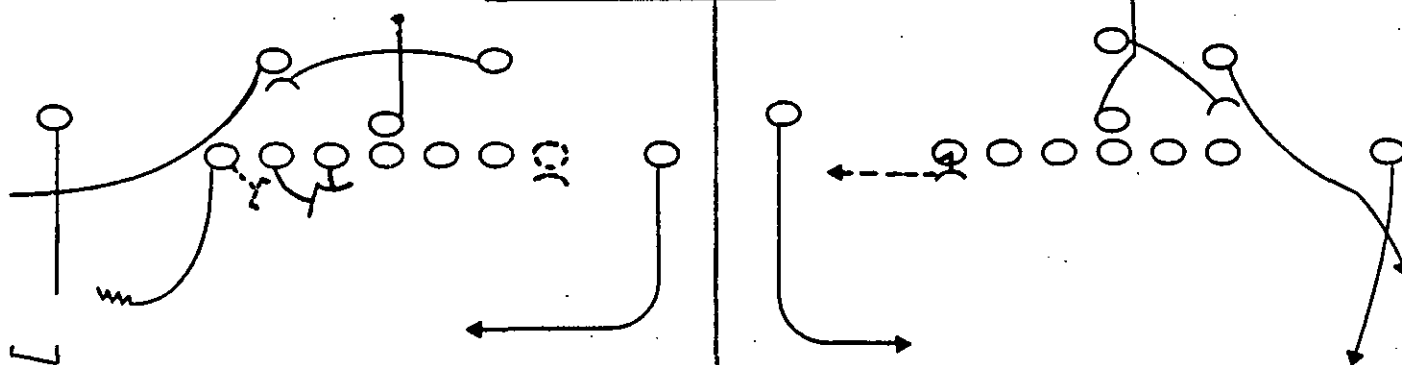
100 PLAY PASS SERIES (STICK PROTECTION)



434 TRAP "B" ARROW 3

400 (RUN IT) PLAY PASS SERIES

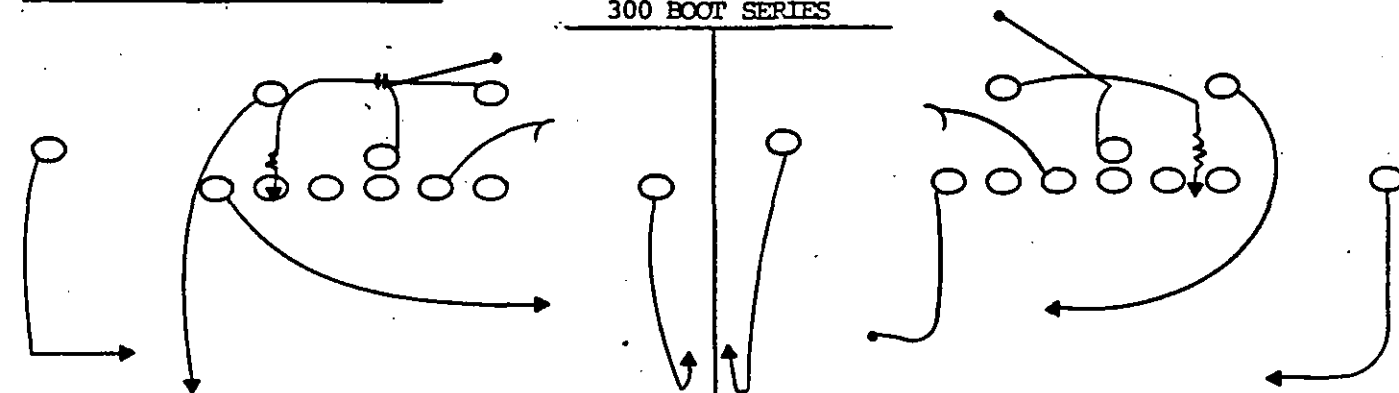
419 A FLY OUTSIDE X-4



338 WK. X CB A CHECK DOWN

300 BOOT SERIES

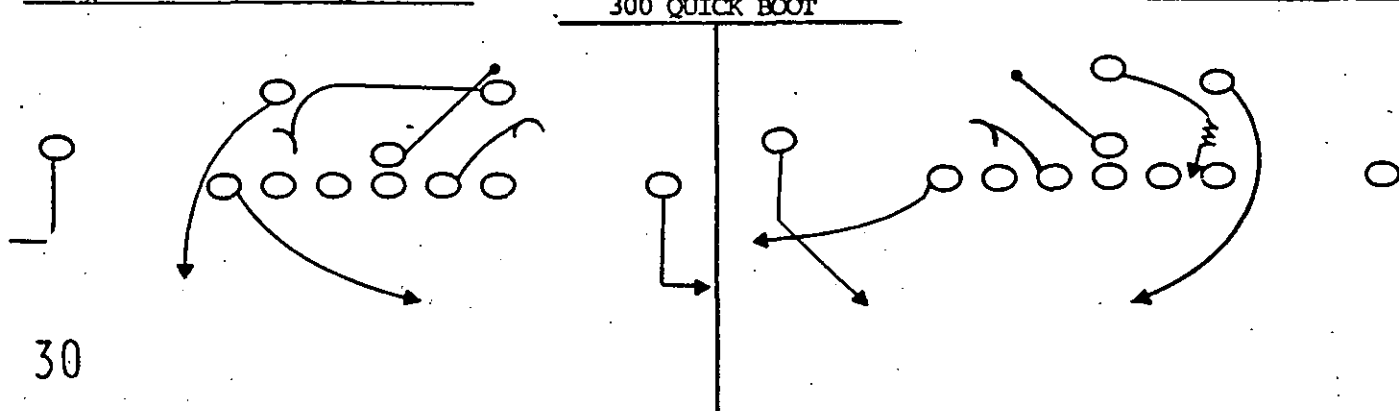
339 ST. WING CB



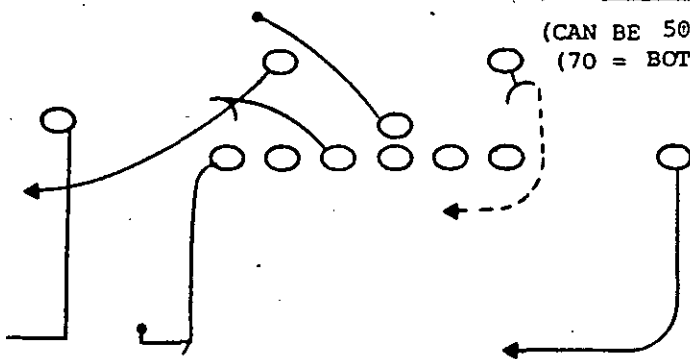
338 QUICK QK WK X QUICK OUT

300 QUICK BOOT

319 QK ST. D2



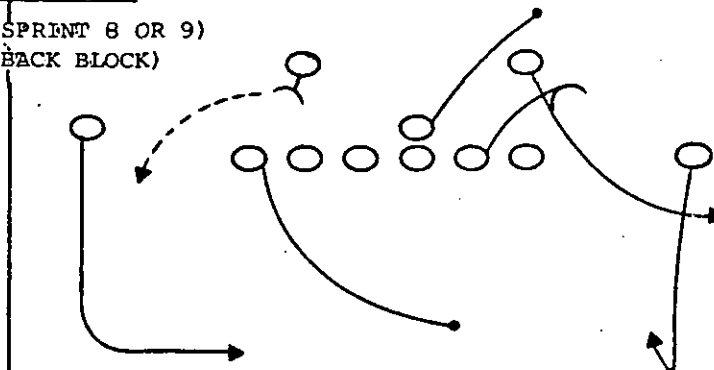
508 ST WING OUT Y CORNER 4
(B ARROW IS AUTOMATIC)



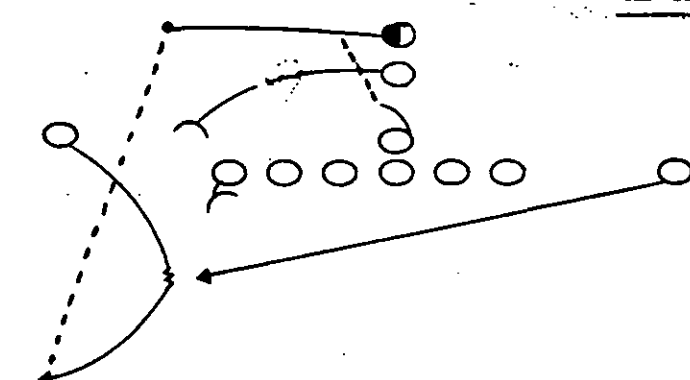
500 SPRINT SERIES

(CAN BE 500 SPRINT 8 OR 9)
(70 = BOTH BACK BLOCK)

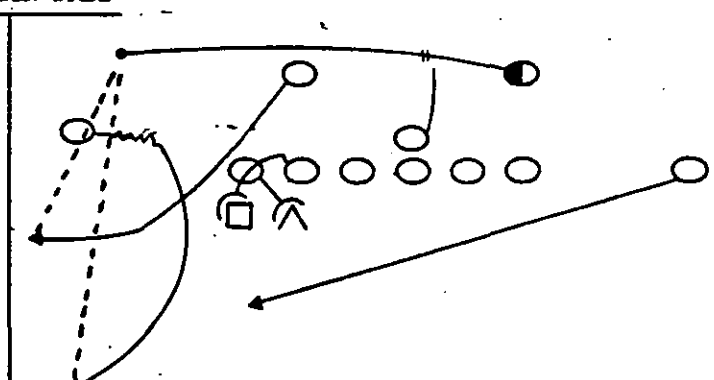
509 WK 9 PASS X CURL
(A ARROW IS AUTOMATIC)



TOSS 38 HB OPTION

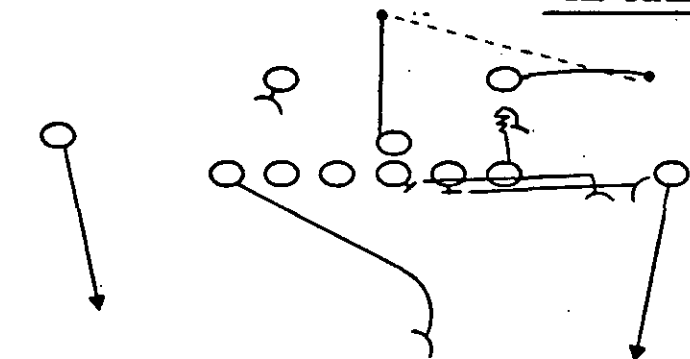


HB OPTION PASS

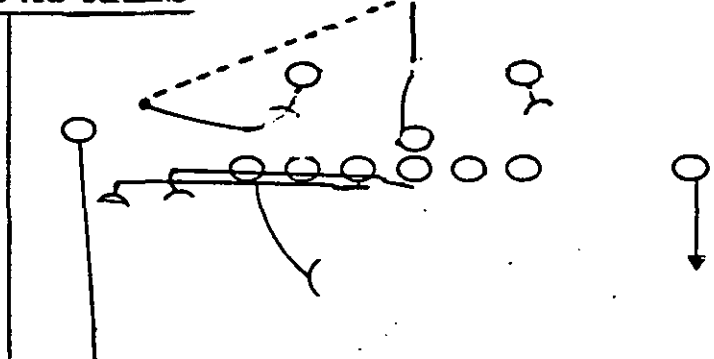


38 U HB OPTION

SWING ZIP 9 TO HB

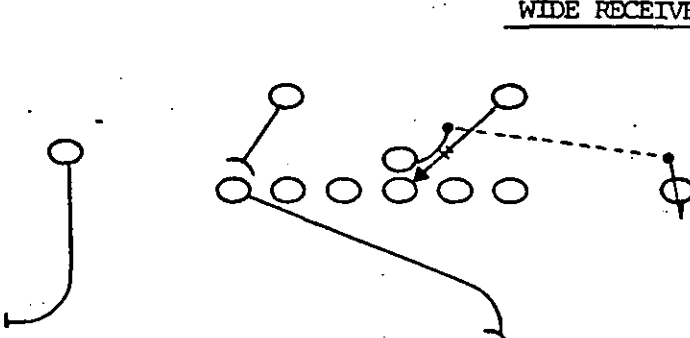


ZIP SCREENS AND SCREENS

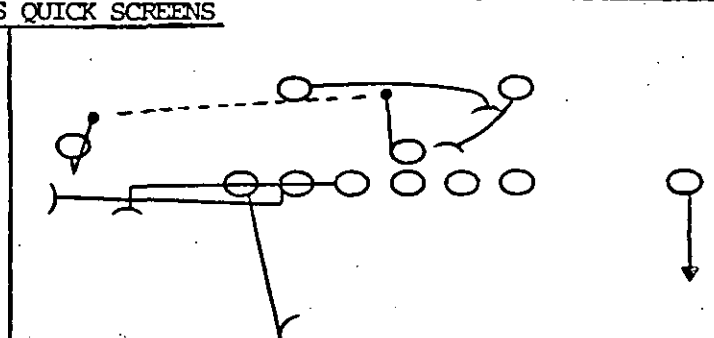


50 SCR LT - FB

FAKE 32 QUICK SCREEN TO "X" AT 9



WIDE RECEIVERS QUICK SCREENS

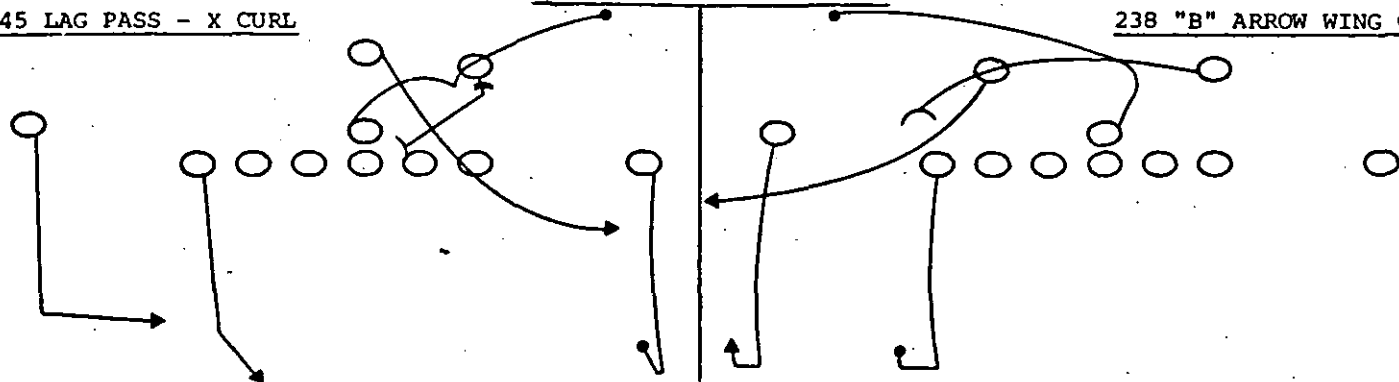


FAKE 39 QUICK SCREEN TO "W" AT 8

245 LAG PASS - X CURL

200 ROLL OUT SERIES

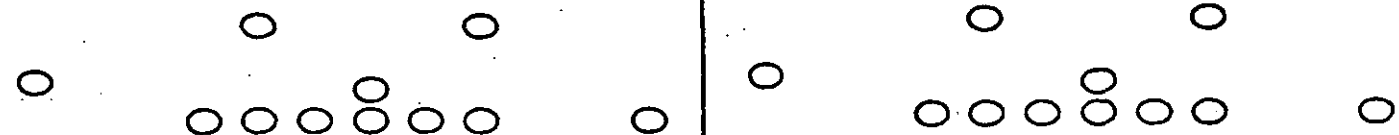
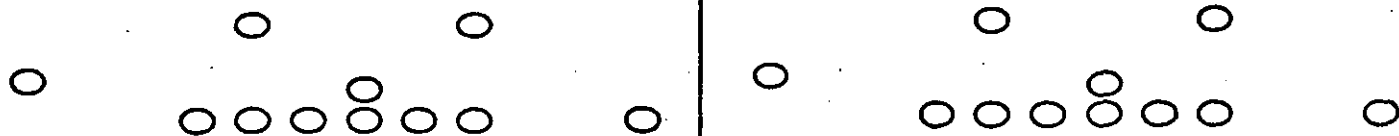
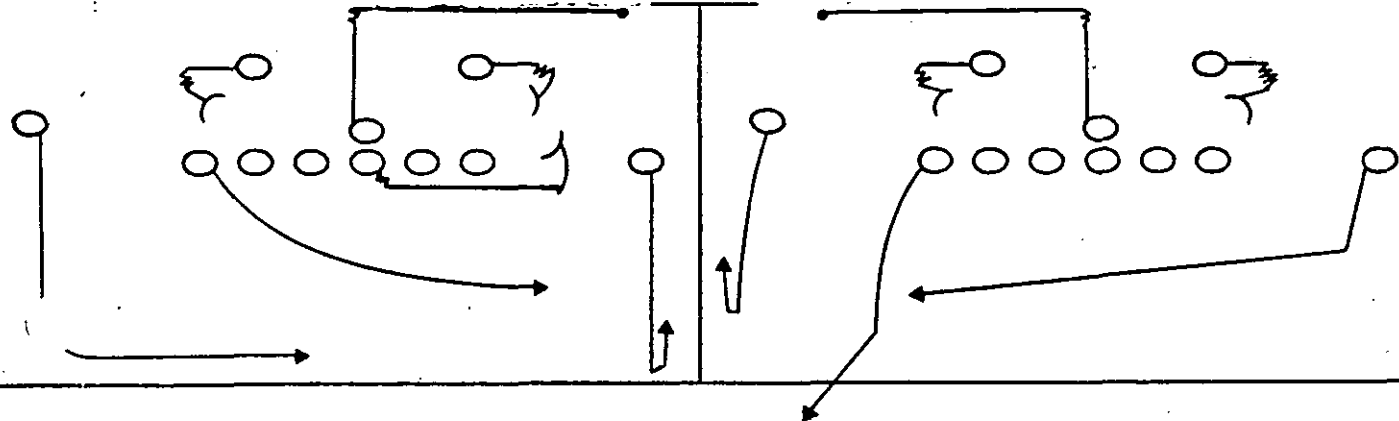
238 "B" ARROW WING CB



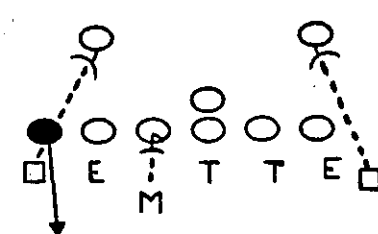
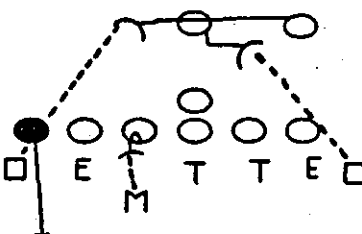
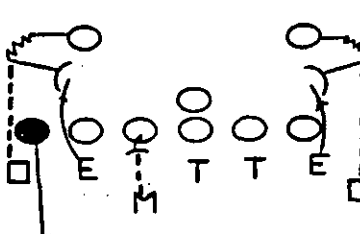
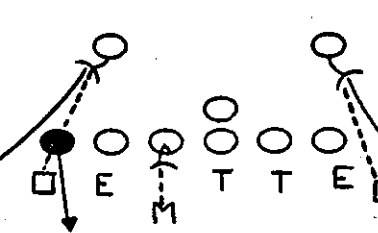
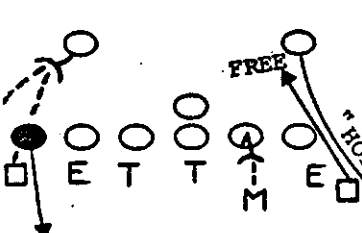
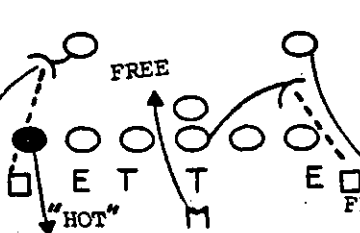
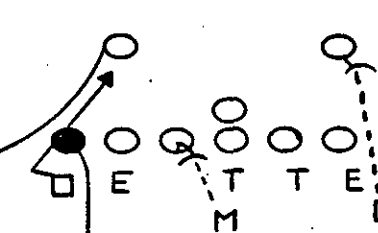
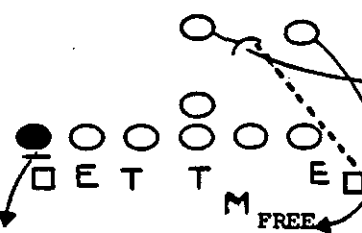
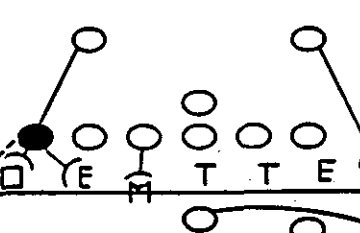
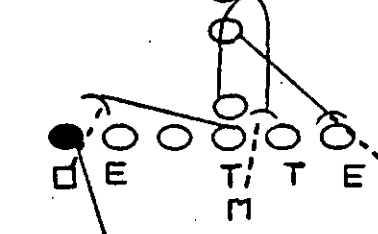
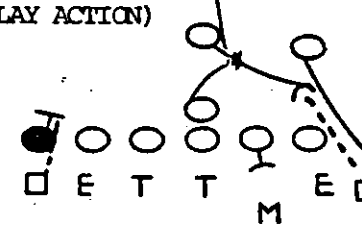
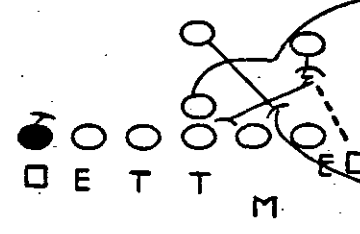
50 CHOP DASH 9 X CB

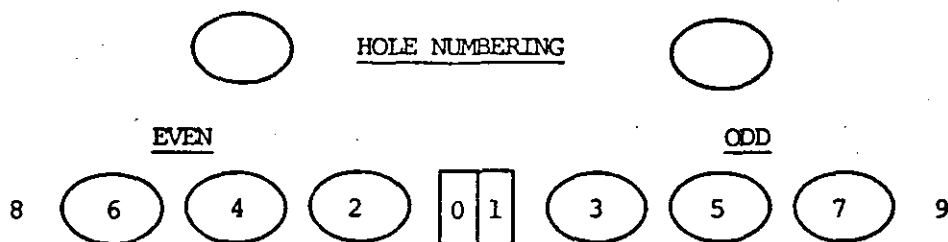
DASH

50 CHOP DASH 8 WING CB

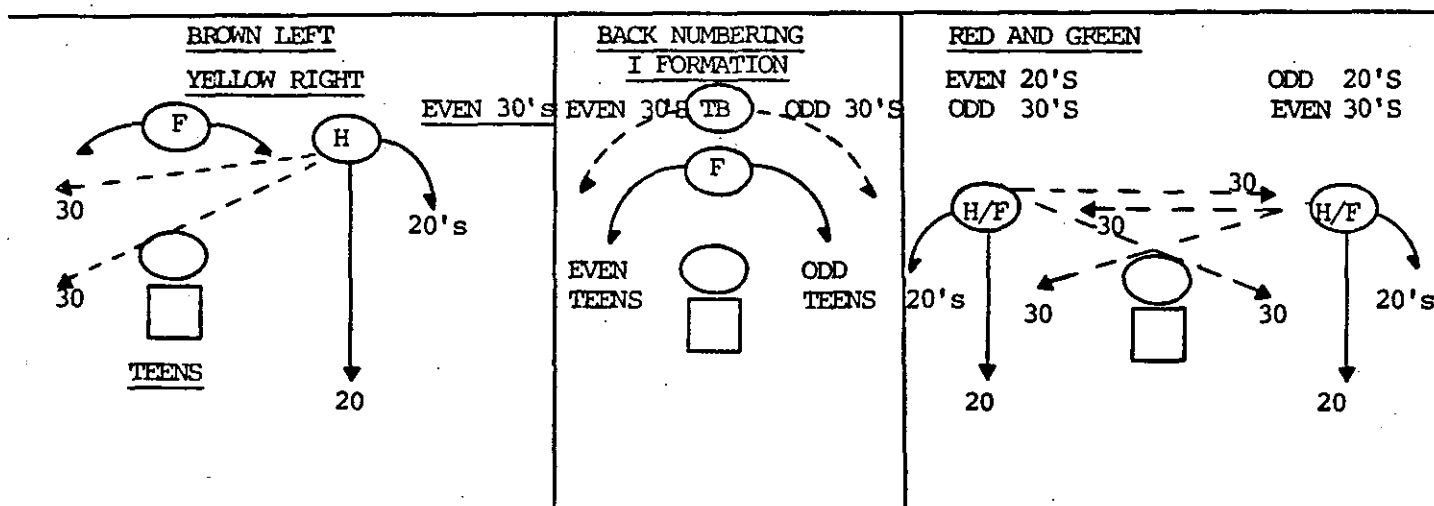


FLARE CONTROL BLOCKING

<p><u>50 (MAXIMUM PROTECTION)</u></p>  <p>BOTH BACKS BLOCK</p>	<p><u>COUNTER 50 (MAXIMUM PROTECT)</u></p>  <p>BOTH BACKS BLOCK</p>	<p><u>50 CHOP - THIS IS ILLEGAL IF BELOW THE WAIST.</u></p>  <p>BOTH BACKS CHECK AND CHOP</p>
<p><u>FAN</u></p>  <p>BOTH BACKS <u>CHECK AND GO</u></p>	<p><u>SWING</u></p>  <p>"A" BACK HOT WILL BLITZ LOOK FOR BALL QUICK</p>	<p><u>DIVIDE</u></p>  <p>TE HOT A BACK FREE (RUN ROUTE CALLED)</p>
<p><u>STORM</u></p>  <p>"B" BACK IS HOT. SAM BLITZ - LOOK FOR BALL QUICK</p>	<p><u>FLOOD (FRANK)</u></p>  <p>"A" BACK FREE B CHECK WILL</p>	<p><u>51 (FIRE PROTECTION)</u> X & W OK OUTS</p>  <p>91 (FIRE PROTECTION) TE RELEASE</p>
<p><u>100 SERIES (PLAY ACTION)</u> <u>135</u></p>  <p>STICK PROTECTION: LEAD BACK CHECK OLB. FAKING BACK CHECK MIKE. UNCOVERED LINEMAN AWAY.</p>	<p><u>400 SERIES (RUN IT)</u> <u>419</u></p>  <p>PROTECTION SAM AS RUN PLAY: LEAD BACK FREE FAKING BACK CHECK OLB.</p>	<p><u>200 SERIES (ROLL OUT)</u> <u>245 LAG</u></p>  <p>B BACK CHECK WILL A BACK CHECK MIKE Y SLOW (CHECK SAM)</p>

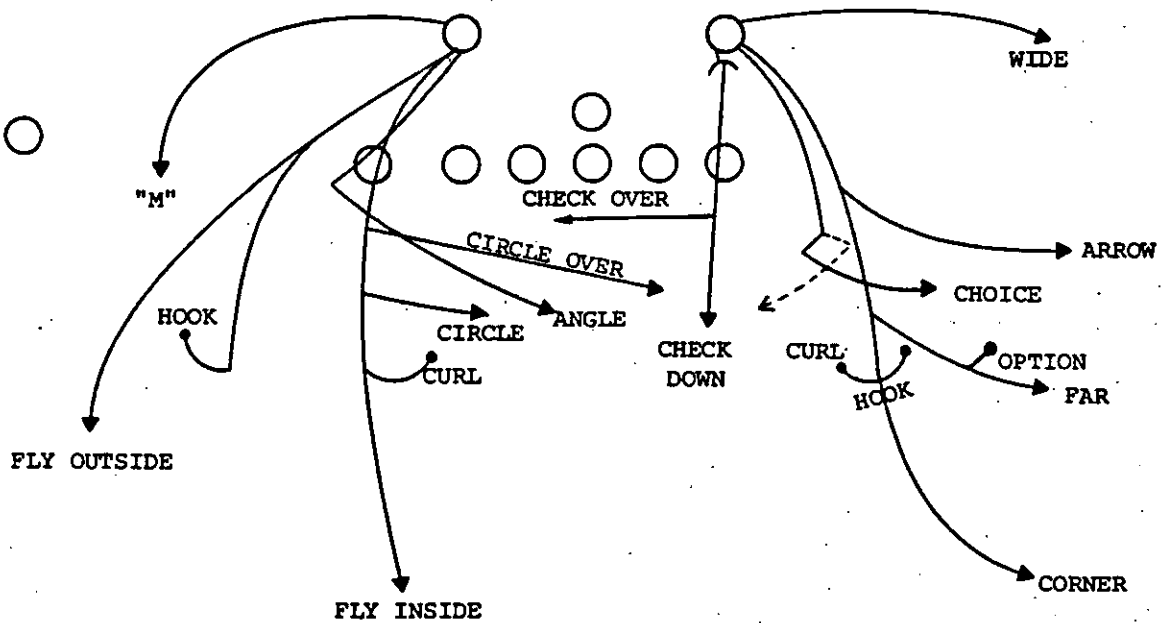
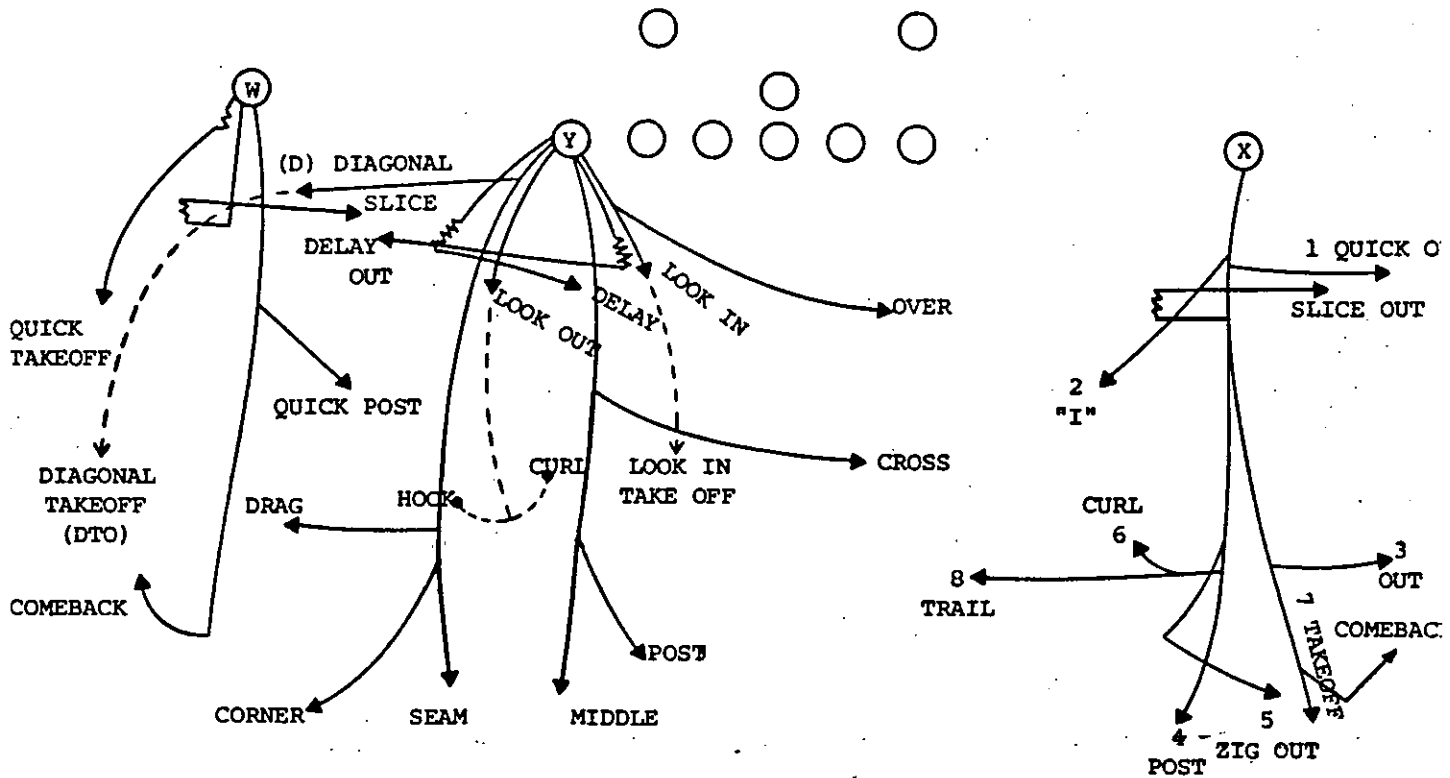


1. HOLE NUMBERING WILL BE EVEN TO THE LEFT AND ODD TO THE RIGHT.
 - A. 0-1 HOLES OVER CENTER
 - B. 2 THROUGH 7 HOLES OVER THE LINEMAN INDICATED
 - C. 8-9 HOLES WIDE, OUTSIDE THE OFFENSIVE END



1. RUNNING PLAYS WILL BE SINGLE DIGIT (0-9), TEENS (10-19), 20's AND 30's.
SPECIAL RUNNING PLAYS WILL BE GIVEN NAMES OR UNUSED NUMBERS.
2. DRAWS WILL BE IN 40's.
3. SPECIAL PASSES WILL BE IN THE LOW (1 AND 2) 50's, 70's AND 90's.
4. DROP BACK PASSES WILL BE IN THE 50's, FAN, STORM, SWING, DIVIDE AND FLOOD.
5. PLAY ACTION PASSES:
 - A. 100's - STICK PROTECTION (EXAMPLE 125).
 - B. 200's - ROLLOUT (EXAMPLE 218).
 - C. 300's - BOOTLEG (EXAMPLE 338 BOOTLEG LEFT).
 - D. 400's - "RUN IT" PROTECTION (EXAMPLE 419).
 - E. 500's - SPRINT (EXAMPLE: 508 SPRINT LEFT).

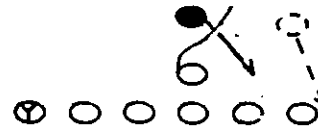
PASS ROUTE NAMES AND NUMBERS



BACKFIELD ACTIONS

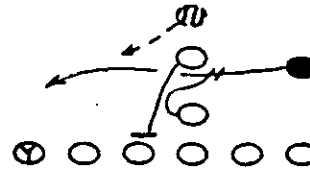
STRAIGHT ACTION (ST)

THE QUARTERBACK REVERSE PIVOTS FROM THE HOLE NUMBER.



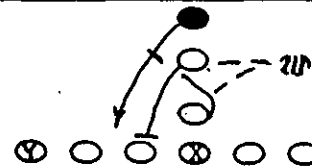
RIDE ACTION (R)

THE QUARTERBACK WILL OPEN TO HOLE NUMBER AND TO THE FULLBACK. THE FULLBACK DRIVES AT THE ON-SIDE GUARD AS A BLOCKER. THE HALFBACK OR TAILBACK IS THE BALL CARRIER.



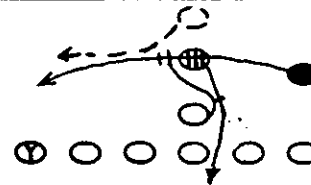
LEAD ACTION (L)

SAME ACTION AS ABOVE BUT THE QUARTERBACK REVERSE PIVOTS.



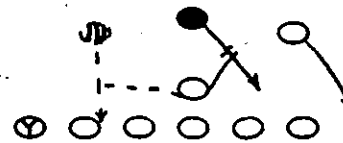
PLUNGE ACTION (P)

THE QUARTERBACK WILL OPEN TO THE FULLBACK WHO WILL DRIVE AT THE OFFSIDE GUARD AS A BLOCKER OR BALL CARRIER.



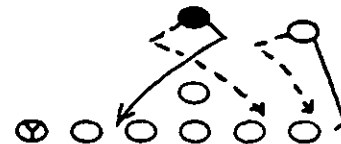
DIVE ACTION (D)

THE QUARTERBACK WILL OPEN TO THE HOLE NUMBER AND THE ACTION OF THE BACKS. HE CAN HANDOFF TO EITHER BACK. THE LEAD BLOCKER (IF THERE IS ONE) IS OUTSIDE THE TWO OR THREE HOLE.



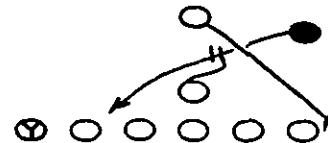
STUTTER ACTION (STU)

ONE OR BOTH BACKS JAB STEP AWAY FROM THE HOLE CALL.



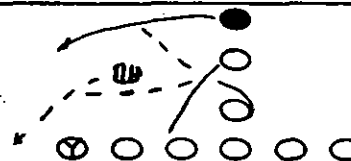
COUNTER ACTION (CT)

CROSSING ACTION OF THE BACKS WITH THE REMAINING BACK HITTING AWAY FROM THE POINT OF ATTACK.



TOSS ACTION (T)

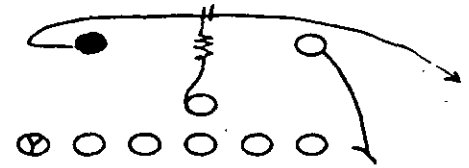
A BACK ON A LATERAL SWING MOVE INTO A DESIGNATED HOLE. THE QUARTERBACK ACTION DETERMINED BY THE PLAY CALLED.



BACKFIELD ACTIONS

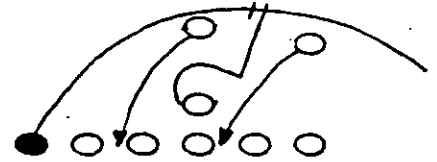
STATUE

THE BALL CARRIER DOES A REVERSE PIVOT AWAY FROM THE HOLE CALL WHILE THE REMAINING BACK LEADS AT THE POINT OF ATTACK. THE QUARTERBACK SIMULATES DROPPACK PASS ACTION.



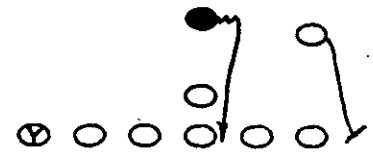
REVERSE

ESTABLISHING A DEFINITE RUN ACTION ONE WAY AND THEN HANDING THE BALL TO THE BALL CARRIER COMING BACK THE OPPOSITE WAY.



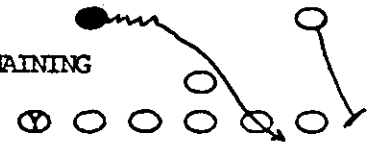
QUICK DRAW

THE NEAR BACK IS THE BALL CARRIER AND HE SETS TOWARD THE POINT OF ATTACK. THE REMAINING BACK'S ACTION IS DETERMINED BY THE HOLE CALL OR GAME PLAN. THE QUARTERBACK SIMULATES DROPPACK PASS ACTION.



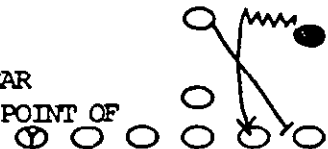
LEAD DRAW

THE FAR BACK (FROM HOLE) IS THE BALL CARRIER WITH THE REMAINING BACK LEADING AT THE POINT OF ATTACK. THE QUARTERBACK SIMULATES DROPPACK PASS ACTION.



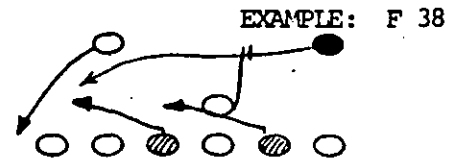
LAG DRAW

A REVERSAL OF THE BASIC LEAD DRAW PRINCIPLE. THE NEAR BACK (FROM HOLE) CARRIES WHILE THE FAR BACK LEADS AT THE POINT OF ATTACK. THE QUARTERBACK ROLLS TOWARD THE REMAINING BACK.



FLOW

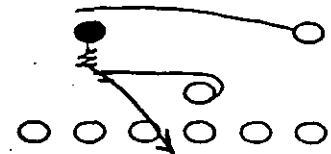
(A BACKFIELD ACTION WITH BLOCKING PATTERN) BOTH BACKS MOVING TO THE SAME SIDE. THE TIGHT END BLOCKS DOWN AND THE FULLBACK BLOCKS THE MAN ON THE END OF THE LINE OF SCRIMMAGE. ONE OR BOTH GUARDS MAY PULL.



EXAMPLE: F 38

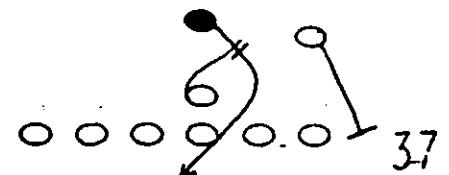
VEER

BACK RUNNING PATH FROM THE HALFBACK POSITION OR AS DESCRIBED BY PLAY CALL.



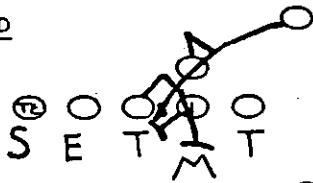
CUTBACK

BACK RUNNING PATH FROM THE TAILBACK OR FULLBACK POSITION AS DESCRIBED BY PLAY CALLED.



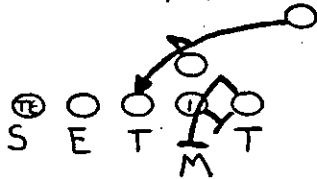
OFFENSIVE BLOCKS

1. FOLD



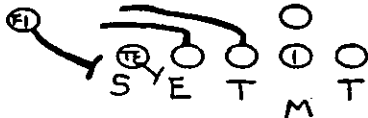
Block between Center and On Guard -
Center goes first.

2. C



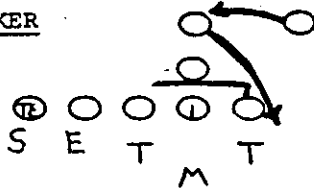
Block between Center and Off Guard -
Center goes first.

3. CRACK BLOCK



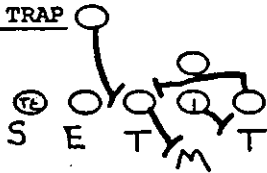
Outside receiver blocking down on end
man on L.O.S.

4. SUCKER



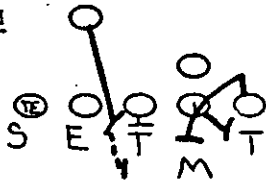
A play where the guard at the point of
attack pulls to get the defensive lineman
out of his area.

5. WHAM TRAP



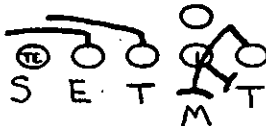
Wham block on Def. Tackle with Off Guard
pulling to trap him.

6. WHAM



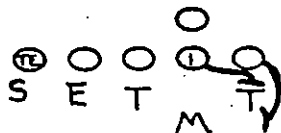
Back blocks LBer or lineman - Off guard pulls
and c blocks.

7. EXPRESS



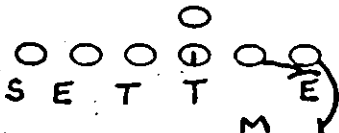
Onside guard and tackle pulls - Off guard
pulls to Trap or C.

8. SLIP



Exchange of assignment between ON side guard
and Center. Slide is the Center and Offside
Guard.

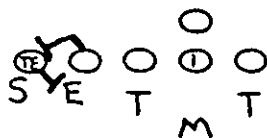
9. DOUBLE SLIP



Same as slip except between ON side (G) and
(T). Scoop is the offside (G) and (T).

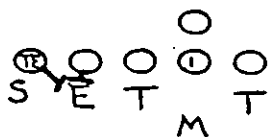
OFFENSIVE BLOCKS (cont'd)

10. U



Block between Tackle and End - End goes first. Tackle kicks out (6U) or Hooks (8U).

11. POWER



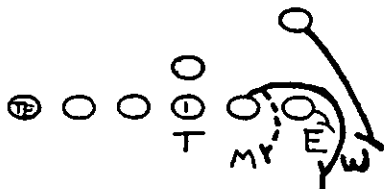
D.T. block on Def. End by T.E. and Tackle.

12. FLOW BLOCK



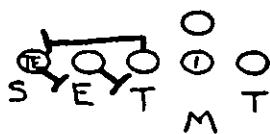
Tight End blocks down and back blocks on End man (One or both guards may pull).

13. IF



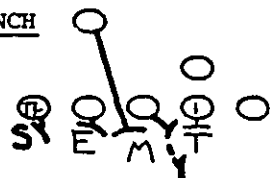
Offensive Guard or Tackle pulling to get position on LBer. Variation of Straight blocking.

14. GEORGE



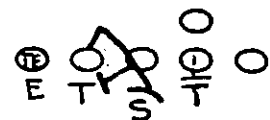
Blocking pattern where the inside guard is pulling to kick out the end man on the line of scrimmage. Tight end and tackle block down.

15. PUNCH



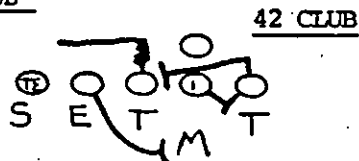
Blocking pattern where G block by on guard and center on nose man and onside back blocks first inside linebacker.

16. TAKE



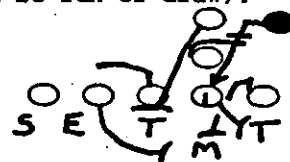
Block between Guard and Tackle on bubble - Guard goes first.

17. CLUB

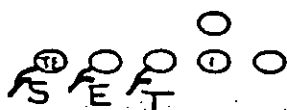


Onside Guard pulls or pass set - Off Guard pulls to trap or C. (Can be run or draw).

R32 CLUB



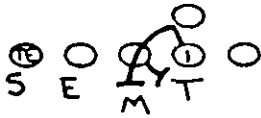
18. HOOK



M/M block on man directly across L.O.S. attempting to block him in on outside plays.

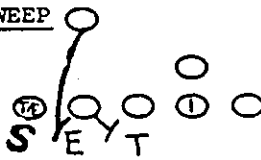
OFFENSIVE BLOCKS (cont'd)

19. WIPE



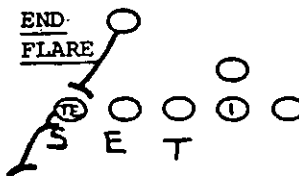
Change in assignment between center and guard to bubble side.

20. SWEEP



Offensive back blocking Def. End.

21. END-FLARE



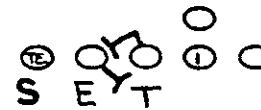
End Flares to influence End man on the line of scrimmage.

22. REACH



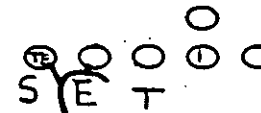
Offensive lineman reaching to cut or hook outside defensive lineman.

23. X



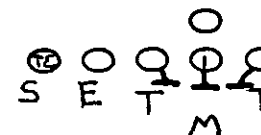
Block between Guard and Tackle - Tackle goes first.

24. TEAM



Match block where the tackle and the tight end are responsible for End and Mike.

25. WEDGE



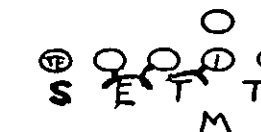
Two or more offensive men charging to apex.

26. SINGLE WEDGE



Center and Guard blocking together (wedging as on short yardage or Goal Line plays).

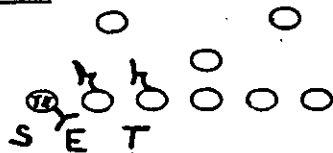
27. DOUBLE WEDGE



Guard and Tackle blocking together (wedging as on short yardage or Goal Line Plays).

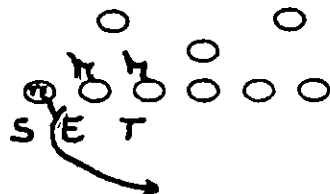
OFFENSIVE BLOCKS cont.

28. HELP



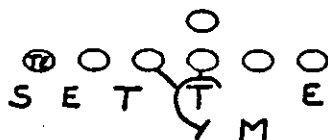
THE TIGHT END IS ASSISTING THE OT ON PASS PROTECTION.

29. SLAM



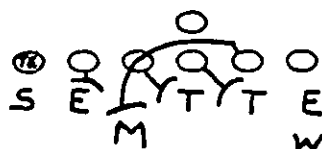
HARD SHOULDER CONTACT BY TE ON DE, OR LBER THEN RELEASE FOR SECOND PART OF HIS ASSIGNMENT.

30. G BLOCK



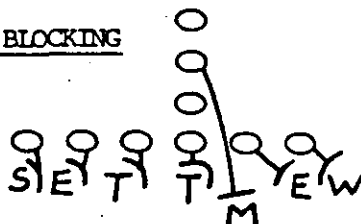
THE CENTER AND ON GUARD ARE RESPONSIBLE FOR THE NOSEMAN AND THE FIRST OFFSIDE LINEBACKER.

31. G.O. BLOCK



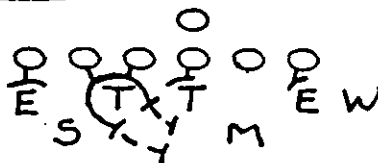
SAME AS ABOVE EXCEPT THAT THE OFF GUARD (O) PULLS AROUND FOR THE FIRST INSIDE LINEBACKER.

32. TURN BLOCKING



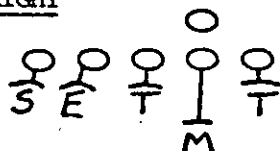
THE OFFENSIVE LINEMAN BLOCKS OUT AND THE BACK BLOCKS FIRST INSIDE LINEBACKER.

33. TAG BLOCK



MATE BLOCK BETWEEN (O)G AND TACKLE ON DT AND MIKE

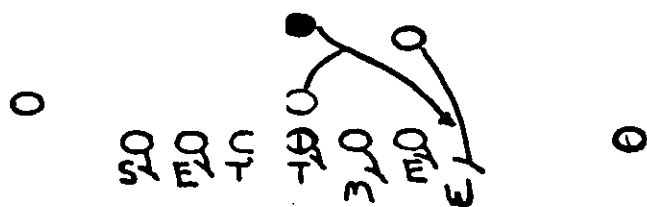
34. STRAIGHT



BLOCKED ONE ON ONE IN OR OUT.

OFFENSIVE BLOCKING PATTERNS & BACKFIELD ACTION

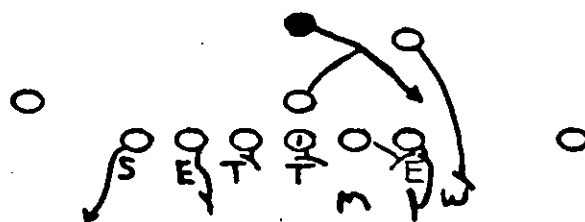
STRAIGHT (ST)



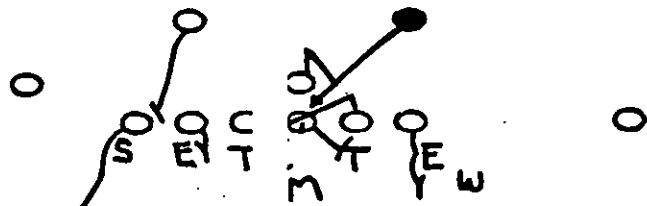
NOTE: ON GUARD

N "IF"

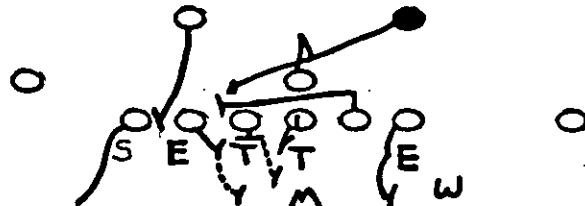
STRAIGHT DOUBLE SLIP



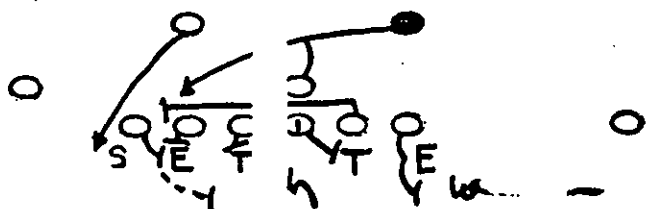
2/3 TRAP



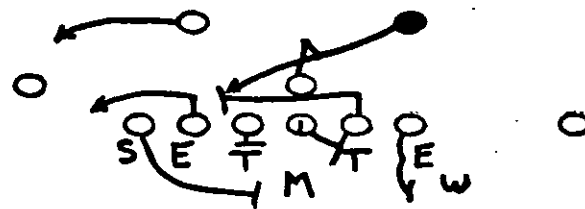
4/5 TRAP



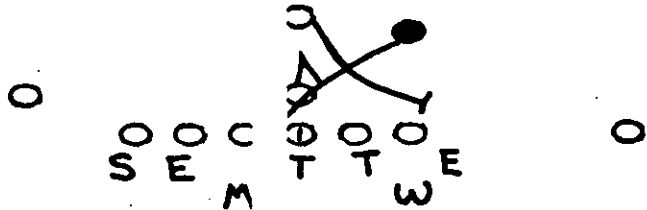
6/7 TRAP



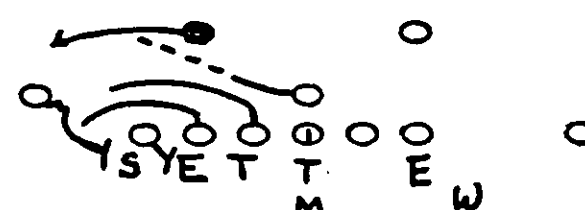
TRAP "T" PULL



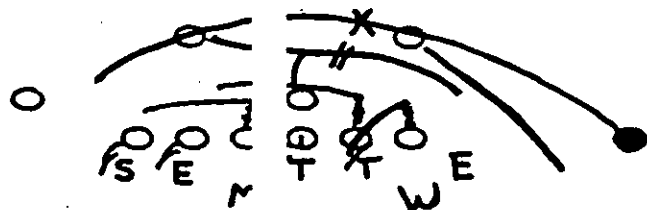
COUNTER



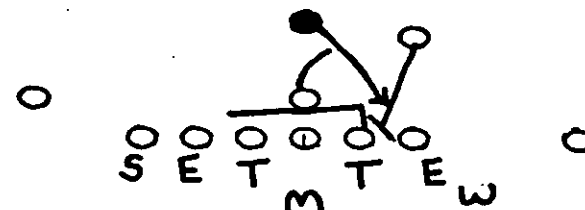
CRACKBACK



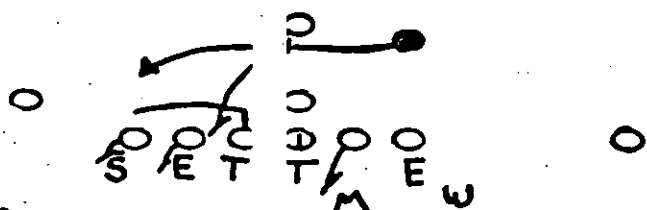
REVERSE



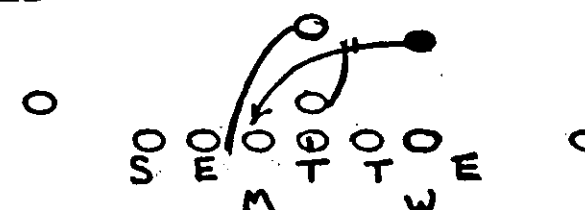
SUCKER WHAM



RIDE



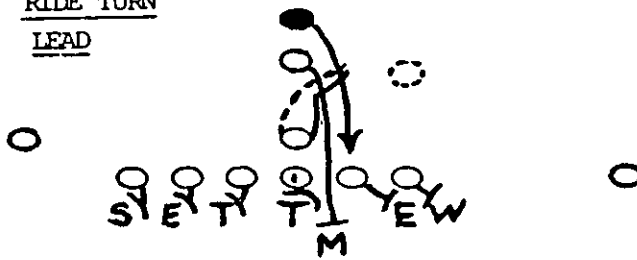
LEAD



OFFENSIVE BLOCKING PATTERNS & BACKFIELD ACTION - continued

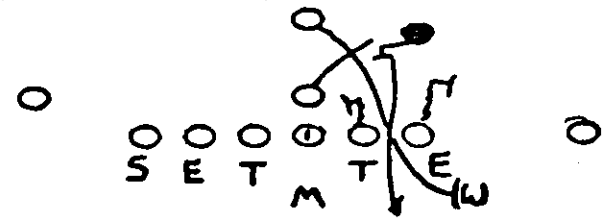
RIDE TURN

LEAD

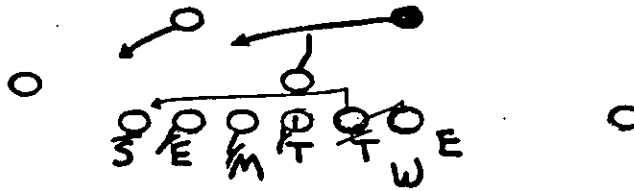


LAG

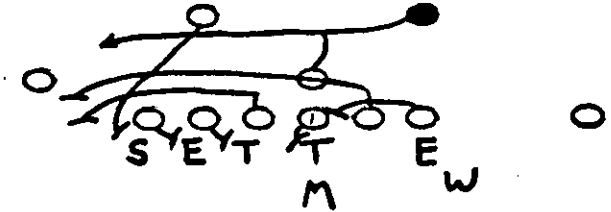
(Give It - 1st Back)



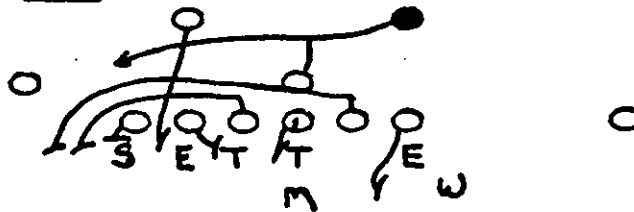
SOLID



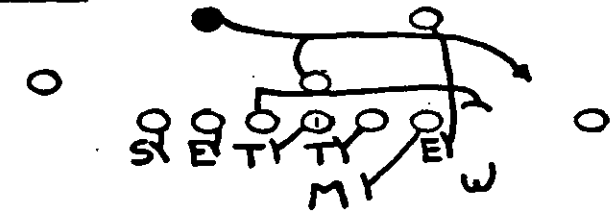
FLOW (8)



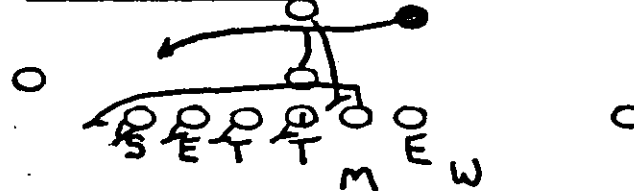
SWEEP



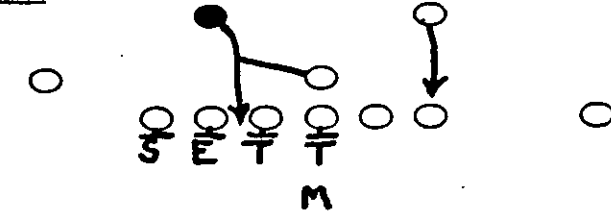
SPECIAL



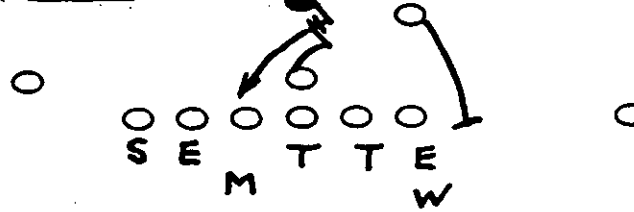
PLUNGE (P) (SOLID)



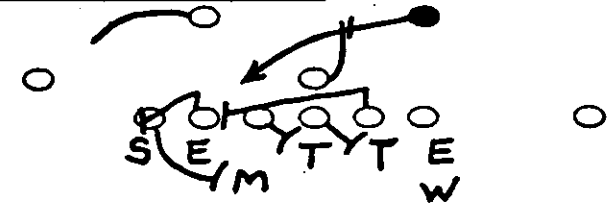
DIVE



STUTTER

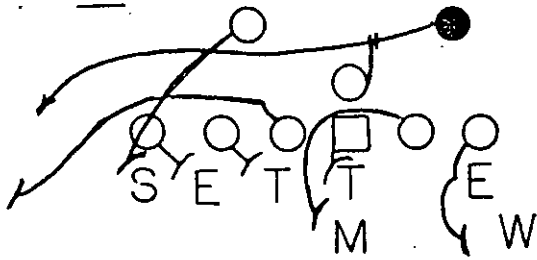


TRAP (STACK ADJUSTMENT)

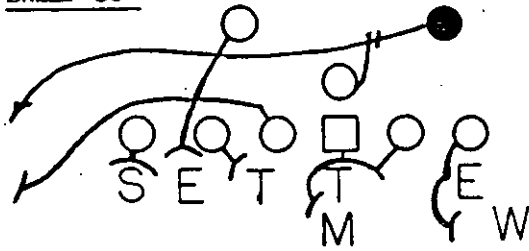


FAVORITE PLAYS FROM RED

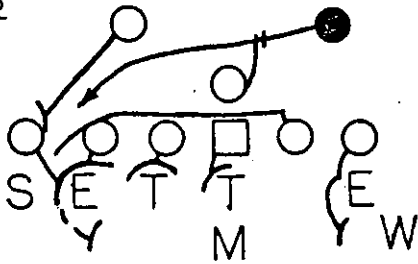
F V 38



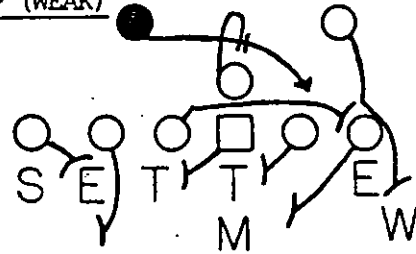
SWEEP 38



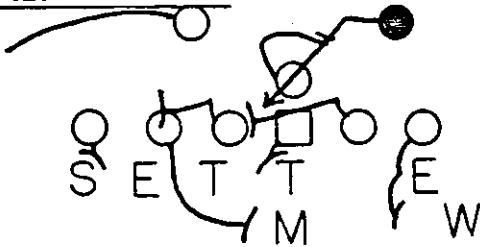
FLOW 36



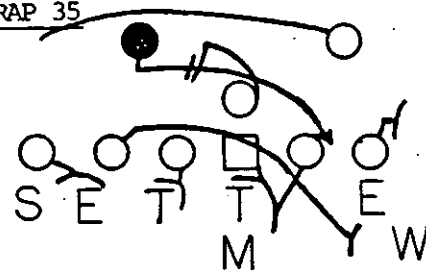
35 TRAP (WEAK)



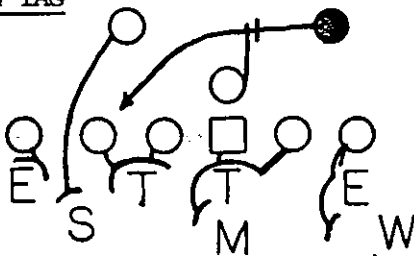
32 CLUB FAKE PITCH



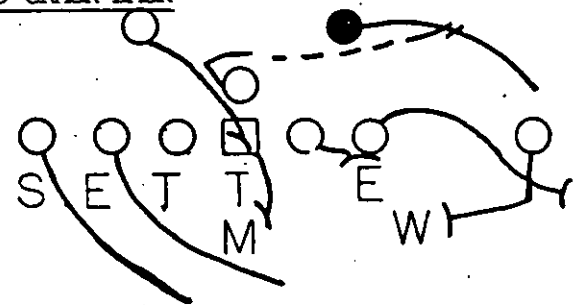
ROLL TRAP 35



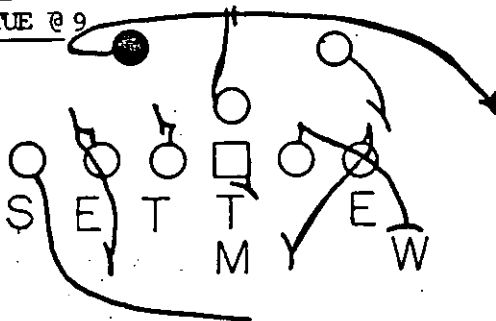
LEAD 34 TAG



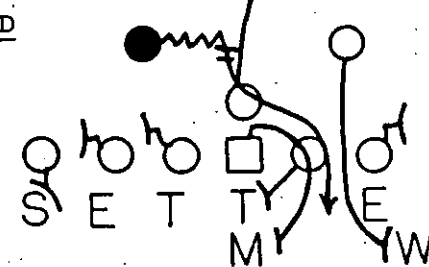
TOSS 29 CRACK BACK



FB STATUE @ 9

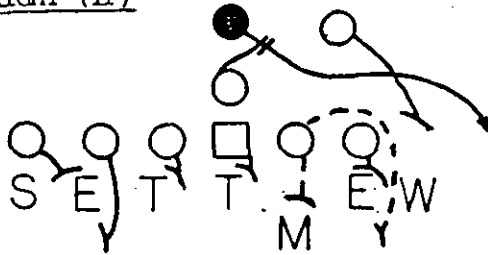


F 45 LEAD

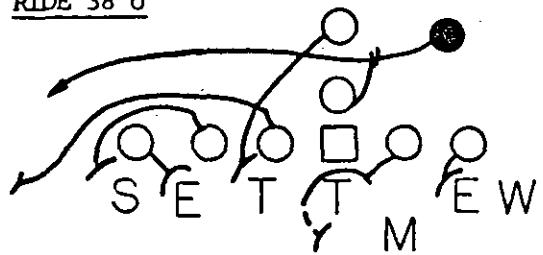


FAVORITE PLAYS FROM BROWN

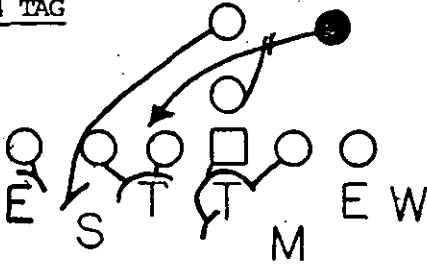
19 STRAIGHT (IF)



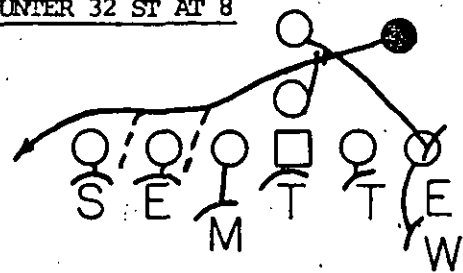
RIDE 38 U



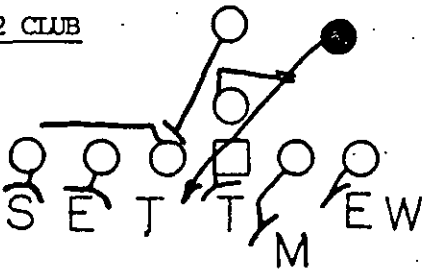
LEAD 34 TAG



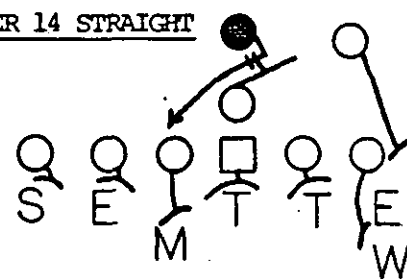
COUNTER 32 ST AT 8



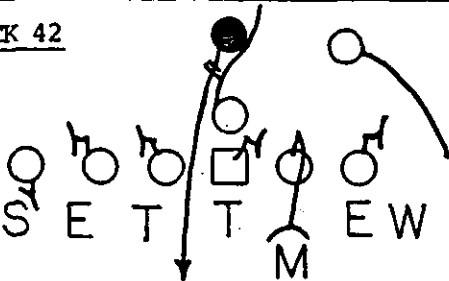
RIDE 32 CLUB



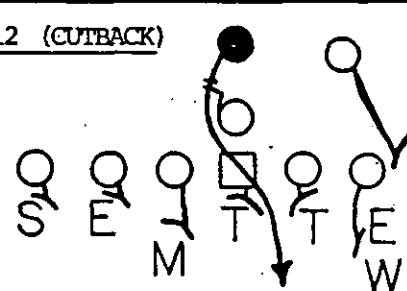
STUTTER 14 STRAIGHT



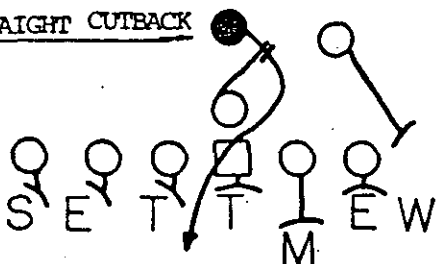
FULLBACK 42



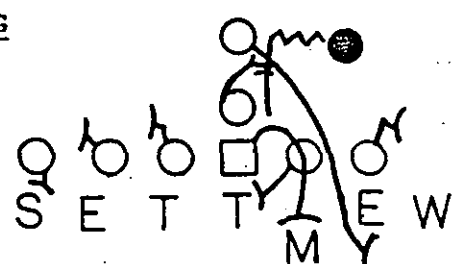
DIVE 12 (CUTBACK)



15 STRAIGHT CUTBACK

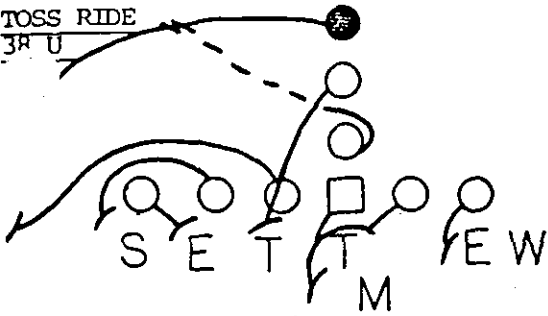


H 45 LAG

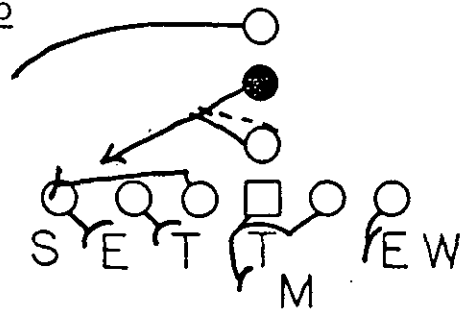


FAVORITE PLAYS FROM "I"

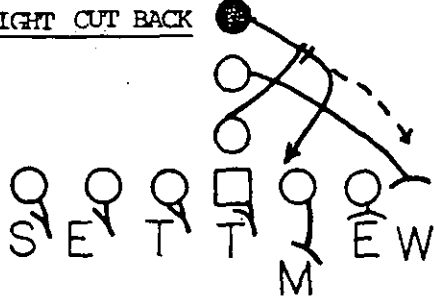
TOSS RIDE
38 U



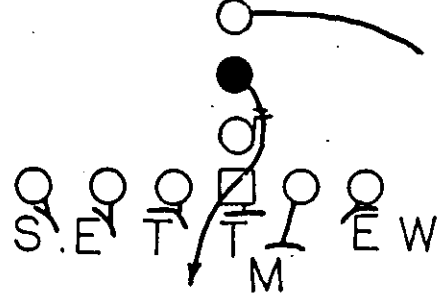
16 GEO



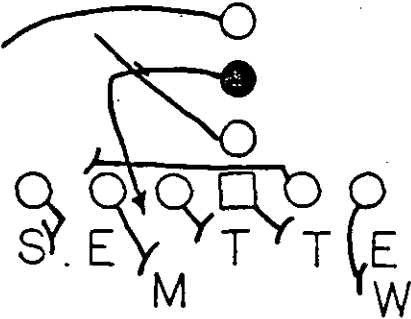
35 STRAIGHT CUT BACK



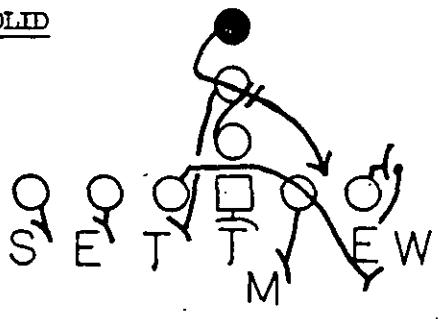
P 10



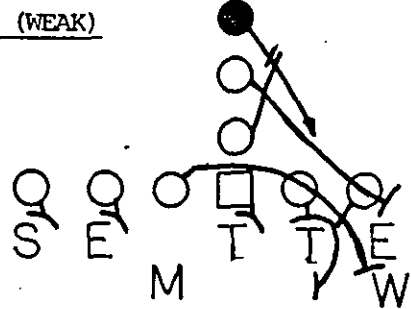
14 TRAP



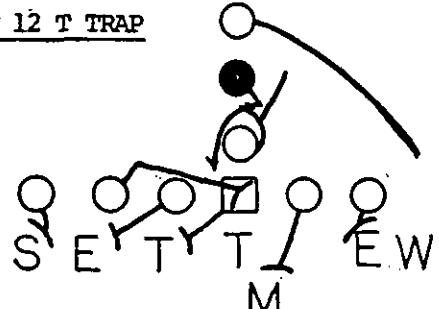
P 35 SOLID



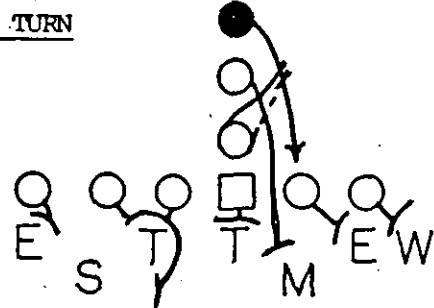
35 TRAP (WEAK)



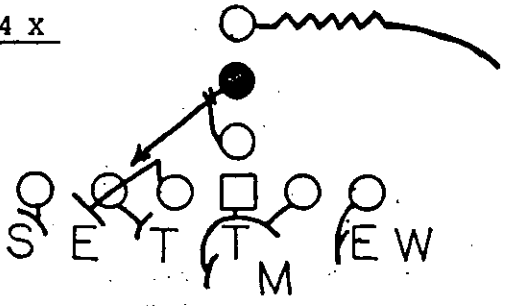
STUTTER 12 T TRAP



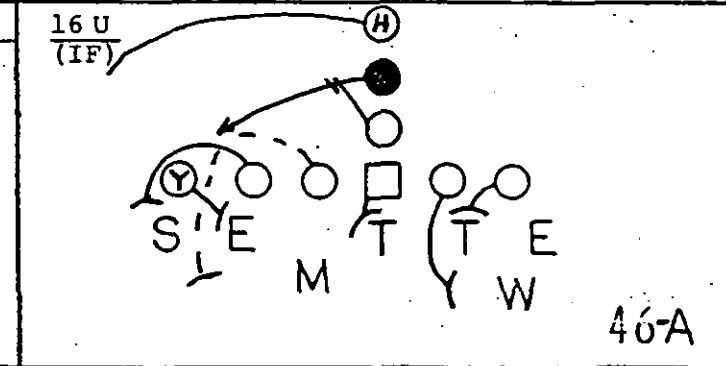
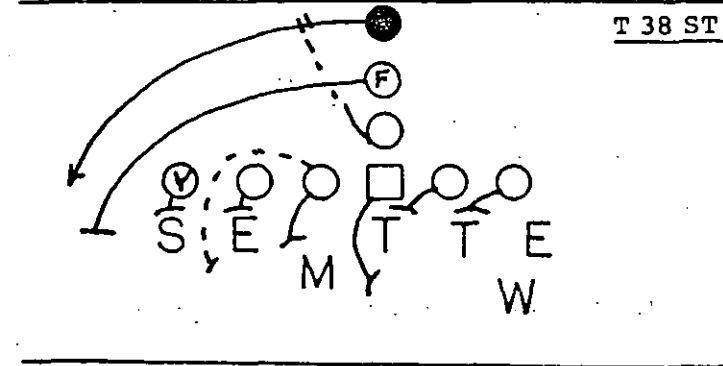
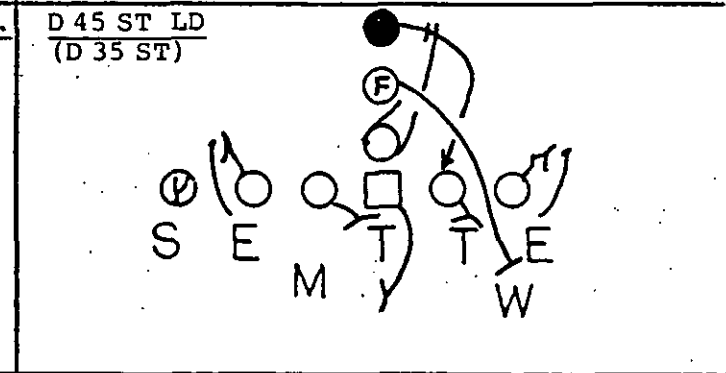
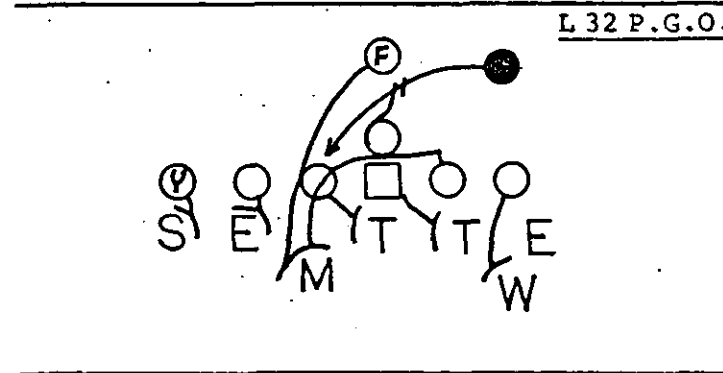
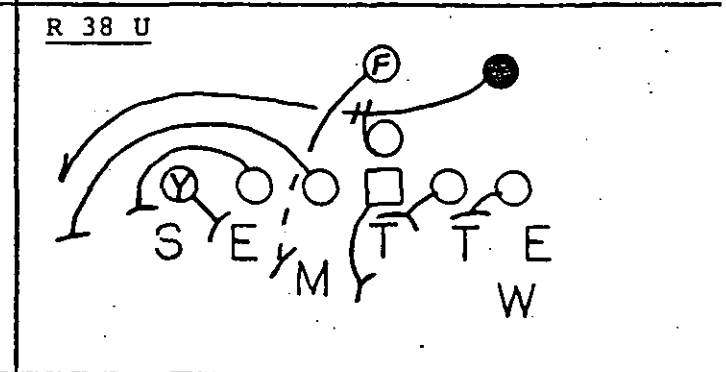
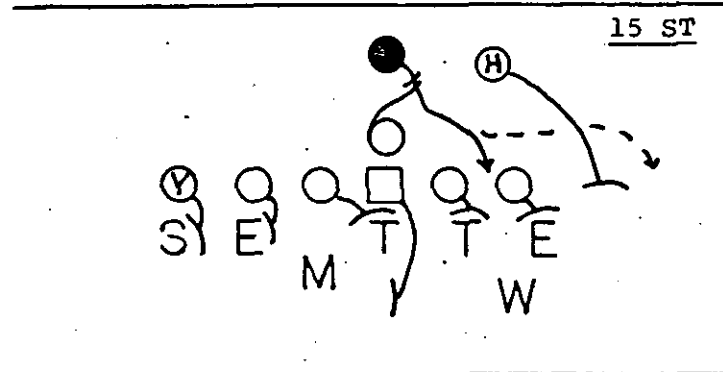
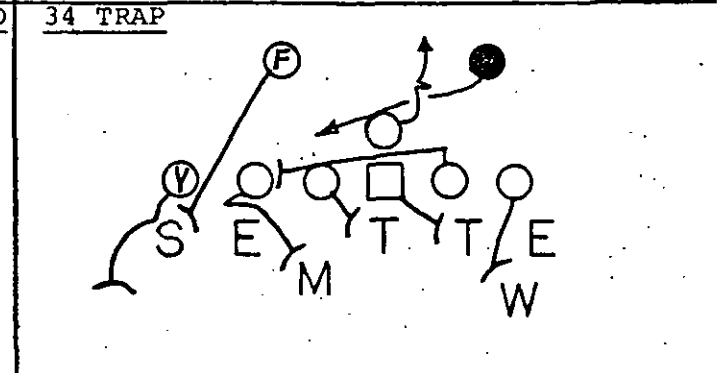
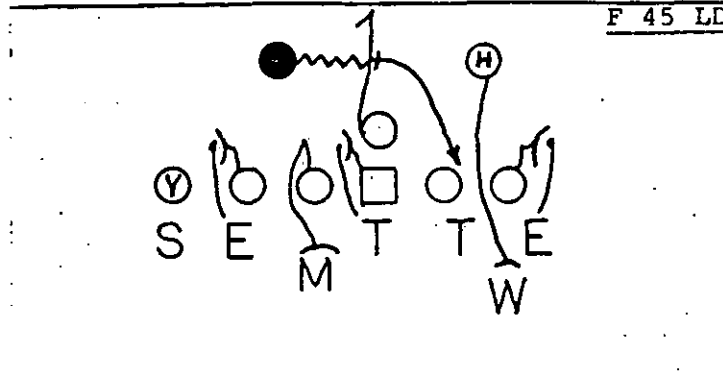
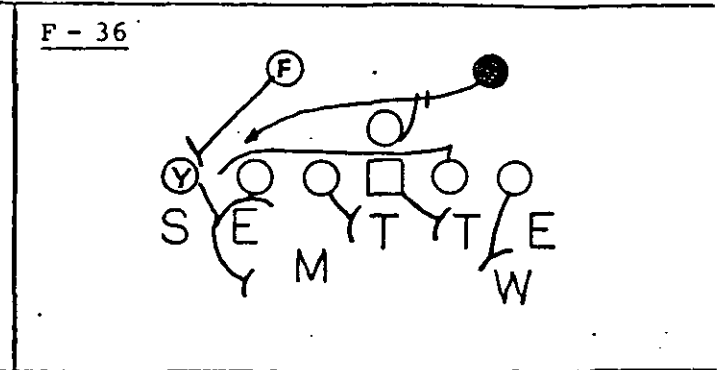
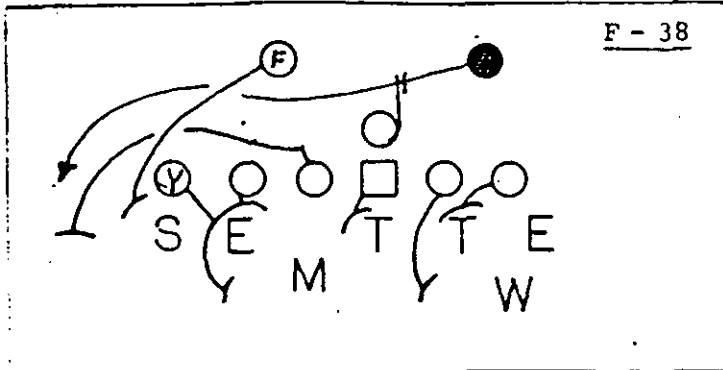
LEAD 35 TURN
RIDE



DIVE 14 X



FAVORITE RUNS - UNDER



OFFENSIVE TERMINOLOGY

N/T - NOT THERE.

INFLUENCE - MANEUVER OF THE OFFENSIVE MAN TO INDUCE THE WRONG MOVE BY THE DEFENSIVE MAN.

SIFT - A QUICK PASS SET, THEN TAKE THE INSIDE MAN COMING TO YOUR AREA OR ZONE.

CUT BLOCK - FIRING THROUGH LEGS, FORCING THE MAN TO FALL OVER THE TOP OF YOU (PASS AND RUN).

SLOW - AREA PROTECTION TIGHT END OR NEAR - CHECK AND GO.

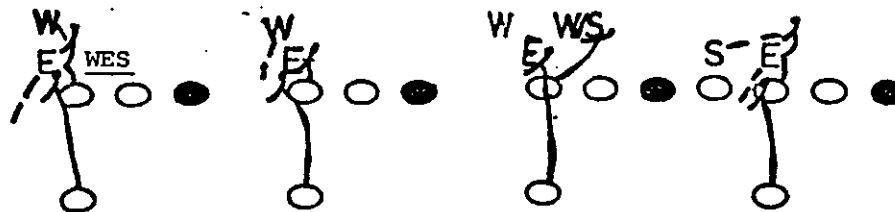
STAY - ONSIDE GUARD STAYING, NOT PULLING.

HOLD - OFFSIDE GUARD STAYING, NOT PULLING.

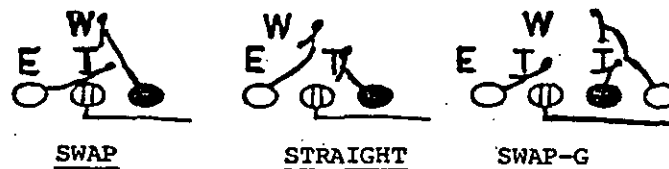
CHOP - BACKS SET OUTSIDE AND CUT DEFENSIVE LINEMAN.

MATE CALLS - TWO OFFENSIVE PEOPLE WORKING ON THE TWO DEFENSIVE PEOPLE:

A. AREA - TEAMWORK BETWEEN OFFSIDE TACKLE AND THE BLOCKING BACK.



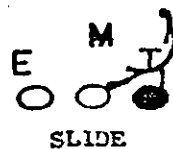
B. SWAP - TEAMWORK BETWEEN THE CENTER AND THE OFFSIDE TACKLE.



C. SCOOP - TEAMWORK BETWEEN THE OFFSIDE GUARD AND THE OFFSIDE TACKLE.



D. SLIDE - TEAMWORK BETWEEN THE CENTER AND THE OFFSIDE GUARD.

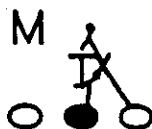


- E. SLIP - TEAMWORK BETWEEN THE ON GUARD AND CENTER (EXCEPT DOUBLE OR TRIPLE SLIP).

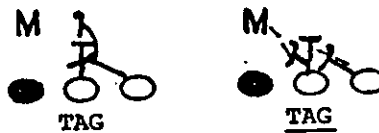


DOUBLE SLIP
(BUBBLE)

- F. G - TEAMWORK BETWEEN THE CENTER AND THE ON GUARD ON THE NOSEMAN AND THE LINEBACKER.



- G. TAG - TEAMWORK BETWEEN THE ON TACKLE AND ON GUARD ON THE DT AND MIKE.



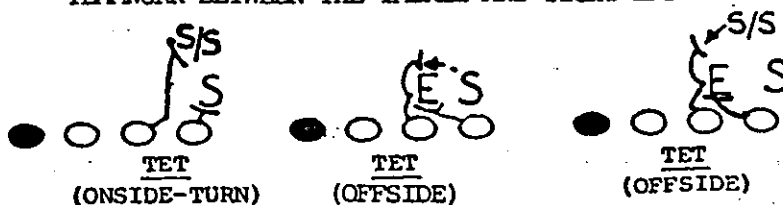
- H. TEAM - TEAMWORK BETWEEN THE ON END AND TACKLE ON THE DE AND LINEBACKER.



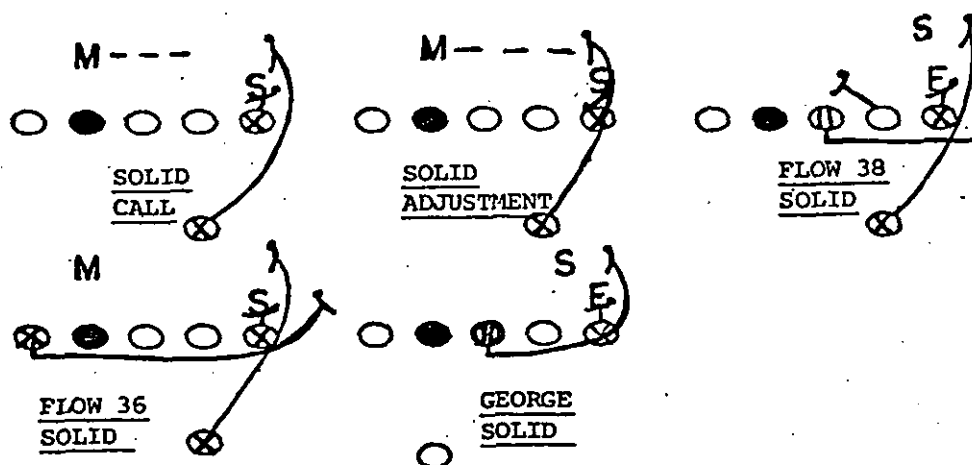
- I. BAT - TEAMWORK BETWEEN THE BLOCKING BACK AND TACKLE ON THE DE AND LINEBACKER.



- J. TET - TEAMWORK BETWEEN THE TACKLE AND TIGHT END.



K. SOLID - TEAMWORK BETWEEN THE TIGHT END AND BACK OR GUARD ON THE DEFENSIVE END AND LINEBACKER.



PART BLOCKING - PATTERN OF BLOCKING USED TO INDICATE A TRAP ON THE CALL MAN. (NO READ INVOLVED) TIGHT END BLOCK THE SAM LINEBACKER.

FIRE PROTECTION - AGGRESSIVE PASS BLOCKING UP HIGH, SUSTAINED (PLAY PASS).

FIRE CUT - AGGRESSIVE CUT BLOCK AT KNEES.

PULL SEAL - OFFSIDE LINEMAN PULLING, GAINING POSITION TO SEAL INSIDE.

GAP - AREA BETWEEN TWO OFFENSIVE LINEMEN.

CHOKE - CHECK MIKE. N/T BLOCK BACK.

SWOOP - OFFSIDE TACKLE PULL AND LEAD SHORT OF THE HOLE.

SLAM - HARD SHOULDER CONTACT THEN RELEASE FOR ANOTHER PART OF ASSIGNMENT.

T PULL - TACKLE PULL AND FLARE TO THE OUTSIDE.

PEEL BACK - DOWNFIELD BLOCK, BLOCKING BACK TOWARD THE LINE OF SCRIMMAGE.

STAND-UP BLOCK - KEY ON THE DEFENSIVE MAN'S MOVEMENT. REACT TO HIM, THEN WALL HIM IN OR OUT.

LOG - APPROACH MAN AS IF TO TRAP HIM, THEN PUT HEAD OUTSIDE AND TAKE HIM INSIDE.

TRAP - OFFENSIVE LINEMAN PULLING SHALLOW TO TRAP A DEFENSIVE LINEMAN OR LINEBACKER.

GIVE IT - THE BALL IS GIVEN TO THE FIRST BACK ON LAG ACTION.

BLOCK FORCE - THE BLOCKER TAKES THE MAN RESPONSIBLE AS THE PRIMARY SUPPORTER MAN.

SKY - WIDE RECEIVER BLOCKS SAFETY.

CLOUD - WIDE RECEIVER BLOCKS THE CORNER.

DEFENSIVE LINE

TO ACHIEVE THE DISTINCTION OF BEING KNOWN AS THE "BEST" DEFENSIVE TEAM IN THE LEAGUE, WE MUST HAVE "GREAT" DEFENSIVE LINEMEN.

THERE ARE THREE INGREDIENTS THAT MAKE DEFENSIVE LINEMEN "GREAT":

1. PHYSICAL CONDITION

YOU MUST BE ABLE TO GIVE 100% EFFORT ON EVERY PLAY OF EVERY GAME. YOU MUST TRAIN AND PUSH YOURSELF BEYOND WHAT SEEMS YOUR PHYSICAL LIMITS. TO ACHIEVE THE PHYSICAL CONDITION THAT WILL ENABLE YOU TO DOMINATE YOUR OPPONENTS.

2. DESIRE TO PLAY

WANTING TO BE SUCCESSFUL ON EVERY PLAY AND GIVING YOUR BEST IN WHATEVER TASK YOU UNDERTAKE TO REACH YOUR GOAL.

3. PROFESSIONAL ATTITUDE

HE KNOWS HIS JOB THOROUGHLY AND HAS THE DEEP PRIDE TO PERFORM IN A COMPETENT MANNER.

THE SUCCESS OF OUR DEFENSE WILL DEPEND ON YOUR CONDITION, DESIRE, AND PROFESSIONAL ATTITUDE IN UNDERSTANDING AND CARRYING OUT OUR DEFENSES.

DEFENSIVE LINE PLAY

RUN RULES

1. HIT HARD
2. STAY LOW
3. PURSUE

PASS RULES

1. GET OFF
2. GRAB CLOTH
3. FEET MOVING

EXPLODE TO A POINT BEHIND THE OFFENSIVE MAN'S HEELS:

KEYS

1. HE COMES - HEAD BUTT CONTROL.
2. HE PULLS OUTSIDE - ONE STEP LOOK INSIDE.
3. HE PULLS INSIDE - ONE STEP LOOK IN BACKFIELD.
4. HE RELEASES INSIDE - SHOVE AND CLOSE.
5. HE SETS UP - HEAD BUTT AND JERK.

WE ARE A PENETRATING DEFENSE. THIS ALLOWS US TO CONTROL THE LINE OF SCRIMMAGE AND PUT QUICK PRESSURE ON THE PASSER.

BY FOLLOWING OUR RULES AND KEYS ON EACH PLAY, WE CAN BE AGGRESSIVE TO THE POINT OF DOMINATING OUR OPPONENTS.

HANDS

THE ONLY ADVANTAGE THAT THE RULES PROVIDE FOR THE DEFENSIVE PLAYERS IS THAT THEY ARE PERMITTED TO USE THEIR HANDS. YOUR HANDS ARE NECESSARY WHETHER YOU ARE PLAYING A RUN OR RUSHING THE PASSER. HANDS ARE USED TO WARD OFF THE BLOCKERS AND ALLOW THE DEFENSIVE PLAYERS TO GET TO THE POINT OF ATTACK. IF YOU FAIL TO MAKE USE OF THESE LEGAL WEAPONS, YOU ARE NOT GOING TO REACH YOUR POTENTIAL AS A DEFENSIVE PLAYER.

STANCE

TAKE A GOOD, COMFORTABLE POSITION WITH YOUR FEET UNDER YOUR SHOULDERS, AND WITH YOUR FOREARMS RESTING ON YOUR THIGHS. REACH OUT WITH YOUR DOWN HAND AND ARM SO THAT YOUR TAIL IS JUST SLIGHTLY HIGHER THAN YOUR HEAD AND SHOULDERS. YOUR WEIGHT WILL BE SLIGHTLY FORWARD. BE READY AND IN A COCKED POSITION.
HEAD UP.

ALIGNMENT

YOUR POSITION ON THE LINE WILL VARY AS TO YOUR RESPONSIBILITY IN EACH DEFENSE.

- A. HEAD UP (TWO GAP) - YOU WILL HAVE TWO GAP RESPONSIBILITY. YOU MUST CONTROL THE BLOCK AT THE LINE OF SCRIMMAGE AND PROTECT BOTH SIDES OF THE BLOCKER. STEP INTO THE BLOCKER AT THE LINE OF SCRIMMAGE. STRIKE A BLOW WITH THE HAND SHIVER ON HIS UPPER ARM JUST UNDER THE BLOCKER'S PADS. GRAB A HAND FULL OF JERSEY. DRIVE HIM BACK - STAY SQUARE - KEEP PRESSURE ON HIM UNTIL YOU ARE READY TO MAKE YOUR MOVE. BE READY FOR THE PLAY IN OR OUT. LOCATE THE BALL AND MAKE THE PLAY.
COACHING POINT: GOOD HEAD BUTT IS HELPFUL IN GAINING CONTROL AT THE LINE OF SCRIMMAGE.

EXAMPLE: TACKLE - HEAD ON CENTER ON AN UNDER DEFENSE.

END - HEAD ON OFFENSIVE TACKLE ON AN UNDER DEFENSE.

- B. OUTSIDE SHOULDER - YOU HAVE ONE GAP RESPONSIBILITY. CONTROL THE BLOCKER FROM THE OUTSIDE FIRST. SECOND INSIDE - TAKE ANGLE AWAY ON DOWN BLOCK. STEP INTO THE BLOCKER AT THE LINE OF SCRIMMAGE. MEET HIM WITH INSIDE SHOULDER AND FOREARM. DRIVE FEET HARD AND KEEP PRESSURE AGAINST HIS HEAD AND NECK. USE YOUR FREE HAND ON HIS UPPER ARM. CONTROL HIM AT THE LINE OF SCRIMMAGE. KEEP PRESSURE ON HIM FROM THE OUTSIDE IN UNTIL YOU ARE READY TO MAKE YOUR MOVE. STAY SQUARE AND KEEP INSIDE HOLE SMALL. BE READY FOR BOUNCE OUT. LOCATE THE BALL. STAY AT HOME UNTIL YOU READ THE PLAY.

EXAMPLE: OVER END ON OVER DEFENSE.

- C. OUTSIDE - YOU HAVE ONE GAP RESPONSIBILITY. CONTROL THE BLOCKER AND PROTECT THE OUTSIDE. STEP INTO THE BLOCKER AT THE LINE OF SCRIMMAGE. MEET HIM WITH YOUR INSIDE SHOULDER AND FOREARM. DRIVE FEET HARD AND KEEP PRESSURE AGAINST HIS HEAD AND NECK. USE YOUR FREE HAND ON HIS UPPER ARM. CONTROL THE HIT AT THE LINE OF SCRIMMAGE. KEEP PRESSURE ON HIM FROM OUTSIDE IN UNTIL YOU'RE READY TO MAKE YOUR MOVE. STAY SQUARE AND KEEP INSIDE HOLE SMALL. BE READY FOR BOUNCE OUT. LOCATE THE BALL AND MAKE THE PLAY. BALL AWAY - STAY AT HOME UNTIL YOU READ THE PLAY.

EXAMPLE: UNDER END ON UNDER DEFENSE.

- D. INSIDE SHOULDER - YOU HAVE ONE GAP RESPONSIBILITY (INSIDE).

EXAMPLE: TACKLE ON GOAL LINE BLITZ DEFENSE.

- E. YOUR DISTANCE OFF THE BALL WILL VARY AS TO THE DOWN AND DISTANCE OR CHARACTERISTICS OF OUR OPPONENTS AND TO YOUR INDIVIDUAL ABILITY AND RESPONSIBILITY.

YOUR ASSIGNMENT

WILL CONSIST OF ONE OF THE FOLLOWING ON EACH DEFENSE:

- A. YOU WILL BE GIVEN A KEY. REACT TO THE BLOCKING ACTION AND FIND THE BALL.
- B. YOU WILL BE GIVEN A DEFINITE PLACE TO GO. REACT TO THE BLOCKER AND FIND THE BALL FROM THAT SPOT (BLITZ OR STUNT).

FOCUS

YOUR EYES SHOULD BE ON YOUR KEY AND THE BLOCKERS IN YOUR AREA. LOOK THROUGH YOUR MAN. BROADEN YOUR VISION. SEE THE BLOCKERS TO EACH SIDE OF YOUR MAN AS THEY MOVE TOWARD OR AWAY. IT IS IMPORTANT TO LOCATE THE PRIMARY BLOCKERS. YOUR KEY DETERMINES WHERE YOUR DEFENSIVE POINT WILL BE.

MOVEMENT

BE READY TO MOVE OFF THE MAN IN RUNNING SITUATIONS. MOVE WITH THE BALL IN PASSING SITUATIONS, GAMES, AND BLITZES.

NOTE: WE REACT TO MOVEMENT - NOT SOUND (QUARTERBACKS - CADENCE).

- A. RUN - ROLL OFF THE FRONT FOOT AND BRING UP THE BACK FOOT IN A SHORT DRIVING STEP THAT WILL PUT YOU IN A NEAR PARALLEL STANCE. KEEP YOUR KNEES BENT AND YOUR BACK ON AN ANGLE THAT KEEPS YOU IN A SOUND FUNDAMENTAL POSITION. THIS WILL ENABLE YOU TO USE THE WEIGHT AND POWER OF YOUR BODY ON CONTACT WITH THE BLOCKER. STRIKE A BLOW AND NEUTRALIZE THE BLOCK. PLAY PRESSURE AND GET THE BALL.
- B. PASS SET - (SURE PASS SITUATION NARROW STANCE) MOVE WITH THE BALL. GET TO THE BLOCKER. USE HAND SHIVER ON HIS UPPER ARMS. GRAB CLOTH AND START WORKING FOR LEVERAGE. KEEP YOUR FEET DRIVING AND WORKING AS YOU MAKE YOUR MOVE. GET RID OF THE BLOCKER AND GET TO THE PASSER. TACKLES MUST PENETRATE THE POCKET. ENDS MUST CONTAIN THE PASSER. STAY IN YOUR PASSING LANE. IF THE BALL IS THROWN, EVERYONE MOVE TOWARD THE BALL. SHOULD A SCREEN OR DRAW SHOW, WE MUST FORCE THE SCREENS BEFORE THEY FORM AND GET THE LINEMEN IN IT. KEEP LANES SMALL ON DRAWS, AND ENDS MUST TAKE BOUNCE OUT.

CONTROL MAN

DELIVER BLOW TO DEFEAT THE PRIMARY BLOCKER OR BLOCKERS AT THE LINE OF SCRIMMAGE.

- A. FOREARM SHOULDER - STRIKE A BLOW UP UNDER THE CHEST. USE YOUR FREE HAND TO HELP KEEP YOU CLEAN AND TO PLAY PRESSURE. USE FLIP TECHNIQUE TO SIDE OF FOREARM TO GET RID OF THE BLOCKER AND GET TO THE BALL.
- B. HEAD BUTT - (TWO GAP) DRIVE HEAD INTO THE BLOCKER (KEEP YOUR HEAD UP). GRAB THE UPPER ARMS WITH THE HANDS. CONTROL HIM AT THE LINE OF SCRIMMAGE. PLAY PRESSURE - TWIST AND THROW OFF.
- C. SHOULDER DRIVE - DRIVE SHOULDER TO THE CHEST. GRAB UPPER ARMS WITH FREE HAND, CONTROL HIM. PLAY PRESSURE - TWIST AND THROW OFF.
- D. HAND SHIVER - STRIKE BLOW WITH THUMBS UP. LOCK WRIST AND ELBOW. GRAB UPPER ARMS. TWIST AND GET YOUR ARM OVER OR FOREARM THROUGH THE BLOCKER. GET RID OF HIM AND GET TO THE PASSER.

FUNDAMENTAL POSITION

KEEP HEAD FROM GOING PAST THE HIP. (HOOK OR CUT OFF BLOCK.)

- A. SHOULDERS AND FEET ARE PARALLEL TO THE LINE OF SCRIMMAGE.
- B. KEEP ARMS AND HANDS BETWEEN YOU AND THE BLOCK. THE BACK SHOULD BE ON A FORTY-FIVE DEGREE ANGLE.

FIND THE BALL

LOOK INSIDE - OUT.

- A. USE YOUR EYES. THE DEPTH OF YOUR CHARGE IS DETERMINED BY THE BALL.
- B. READ THE ACTION OF YOUR KEY AND THE BLOCKERS IN YOUR AREA.
 - 1. SEE THE FLOW OF THE BACKS. BE SURE.
 - 2. SORT OUT THE BALL CARRIER.

- C. PROTECT YOUR AREA - IF YOU CANNOT DELIVER A BLOW - HOLD - UNTIL YOU FIND THE BALL. THE QUICKER YOU CAN FIND THE BALL, THE BETTER FOOTBALL PLAYER YOU WILL BECOME.
- D. RECOGNITION OF THE SCREEN AND DRAWS IS IMPORTANT. THE LINE WILL SET MORE ON THE LINE OF SCRIMMAGE. DEPTH OF THE QUARTERBACK ON SCREENS. PATH OF THE QUARTERBACK ON DRAW. REACT AND GET IN THEM.

PURSUIT

TEAM PRIDE IN GETTING EVERYBODY TO THE BALL. STAY IN YOUR LANE. "NEVER ALLOW OUR DEFENSE TO BE SPLIT".

- A. WORK THROUGH THE BLOCKER. PLAY PRESSURE. DO NOT GO AROUND THE BLOCKER.
- B. THROW OFF THE BLOCKER. GET YOURSELF CLEAN. NEVER STAY BLOCKED.
- C. LATERAL MOVEMENT WHEN THE BALL IS IN YOUR AREA.
- D. BALL AWAY - TAKE PURSUIT TO THE ANGLE OF THE BALL WHICH WILL PUT YOU IN GOOD POSITION FOR THE CUTBACK - WANT HIM TO CUT BACK. KEEP THE BALL IN FRONT OF YOU.
- E. DESIRE TO GET THERE. THERE IS ALWAYS SOME WAY TO GET TO THE BALL CARRIER. BE COMING IN FOR GANG TACKLING ON EVERY PLAY.

TACKLING

FACE IN THE NUMBERS. KNOCK HIM BACK.

- A. FUNDAMENTAL POSITION. STEP ON HIS TOES. MOST OF THE TIME, WE MISS BECAUSE WE ARE TOO FAR AWAY.
 - 1. FACE IN THE NUMBERS. MAKE HIM RUN THROUGH YOUR BODY. NO ARM TACKLING.
 - 2. EXPLODE INTO HIM. DRIVE HIM BACK. DO NOT LET HIM FALL FORWARD.
 - 3. GRAB CLOTH OR CLUB ARMS AROUND HIM. DRIVE LEGS HARD AND THROUGH THE BALL CARRIER.
- B. GANG TACKLE - FIRST MAN HIT THROUGH THE BALL CARRIER. SECOND MAN SEARCH. GET THE BALL. THIRD MAN PUNISH. WE WANT THE BALL. TAKE IT AWAY.
- C. YOU MUST HAVE DESIRE TO MAKE THE TACKLE YOURSELF. NEVER ASSUME SOMEONE ELSE WILL. I MUST.

TECHNIQUES USED BY DEFENSIVE LINEMAN ON THE RUNNING GAME

FOREARM RIP

- A. USED TO NEUTRALIZE THE OFFENSIVE LINEMAN ON MAN BLOCKING.
- B. EXECUTED BY DELIVERING A HARD FOREARM BLOW TO THE HEAD AND/OR SHOULDER IN AN UPWARD DRIVING FORCE AND USING THE OPPOSITE HAND AS A CONTROLLING LEVERAGE. FORCE MUST BE DELIVERED WITH MAXIMUM USE OF LEGS AND BODY WEIGHT TO RIP UP INTO THE OFFENSIVE BLOCKER.

BUTT TECHNIQUE

- A. USED TO NEUTRALIZE THE OFFENSIVE BLOCKER AND CONTROL HIM ON MAN BLOCKING WHEN HEAD UP OR IN A TIGHT OUTSIDE POSITION ON THE OFFENSIVE LINEMAN.
- B. DRIVE THE HEAD AND BOTH HANDS FORWARD, QUICKLY STRIKING YOUR OPPONENT WITH BOTH HANDS ON THE OUTSIDE OF THE SHOULDERS AND FOREHEAD DOWN THE CENTER OF THE MAN. FOLLOW THROUGH WITH THE WEIGHT OF YOUR BODY AT THE ORIGINAL PLANE OF YOUR TAKEOFF. USE HANDS TO CONTROL THE BLOCKER, AND BODY POSITION TO MAINTAIN LEVERAGE. DO NOT COMMIT YOURSELF UNLESS YOU HAVE A QUICK READ. NO QUICK READ - CONTROL THE BLOCKER AND DO NOT PICK A SIDE.

TRAP TECHNIQUE

- A. USED BY DEFENSIVE LINEMAN TAKING ON A BLOCK FROM THE INSIDE-OUT WHEN HE READS "X" OR TRAP BLOCKING.
- B. THERE ARE TWO BASIC TECHNIQUES:
 - 1. INSIDE TECHNIQUE - YOUR INITIAL TAKEOFF OF YOUR CHARGE SHOULD PUT YOUR FEET IN A PARALLEL POSITION AT THE TIME YOU READ THE BLOCKING COMBINATION. YOUR NEXT STEP DIRECTION - STEP DOWN THE LINE OF SCRIMMAGE AND PIVOT ON THE INSIDE FOOT WITH THE BODY POSITION AS LOW AS POSSIBLE. NOW, DRIVE INTO THE INSIDE SHOULDER OF THE TRAPPER READY TO RIP UP WITH YOUR OUTSIDE ARM AND SHOULDER.
 - 2. OUTSIDE TECHNIQUE - FROM THE PARALLEL POSITION AFTER YOUR TAKE-OFF, YOUR NEXT STEP IS A SLIDE STEP, CLOSING AS FAST AS POSSIBLE FROM THE OUTSIDE IN. GOOD, LOW BODY POSITION. DO NOT TURN THE BODY TO THE BLOCKER. MEET THE BLOCKER WITH LEVERAGE FROM THE OUTSIDE IN. THE KEY TO THIS TECHNIQUE IS TO CLOSE THE HOLE BETWEEN YOUR ALIGNMENT AND THE DOWN BLOCKER AS MUCH AS POSSIBLE.

RAM CHARGE BY THE DEFENSIVE END

DEFENSIVE CHARGE TO THE OFFENSIVE TACKLE - OFFENSIVE GUARD GAP. MOVE WITH THE BALL AND TAKE QUICK, LATERAL STEP WITH YOUR INSIDE FOOT. KEEP THE OUTSIDE SHOULDER LOW AND BE READY TO DRIVE YOUR OUTSIDE ARM UP AND UNDER THE HEAD OF THE OFFENSIVE TACKLE. STAY AS SQUARE AS POSSIBLE AND PENETRATE THE RUNNING LANE. THE DEPTH OF YOUR CHARGE WILL BE DETERMINED BY THE BALL. DO NOT BE WASHED DOWN. READ THE O.G. LOCATE THE BALL AND MAKE THE PLAY.

CROSS HANDS BY THE DEFENSIVE TACKLES

DEFENSIVE CHARGE TO THE OT/OG GAP OR THE CENTER/OG GAP. MOVE WITH THE BALL, AND TAKE QUICK, LATERAL STEP TO YOUR GAP. KEEP YOUR OUTSIDE (INSIDE) SHOULDER LOW AND BE READY TO DRIVE YOUR INSIDE (OUTSIDE) ARM UP AND UNDER THE HEAD OF THE BLOCKER. STAY AS SQUARE AS POSSIBLE AND PENETRATE THE RUNNING LANE. THE DEPTH OF YOUR CHARGE WILL BE DETERMINED BY THE BALL. READ THE OT OR CENTER. LOCATE THE BALL AND MAKE THE PLAY.

PINCH

- A. USED BY THE DEFENSIVE LINEMEN IN CONTROLLING AN INSIDE GAP OR HOLE RESPONSIBILITY.
- B. ON THE SNAP OF THE BALL, DRIVE THE INSIDE FOOT TOWARD THE LINE OF SCRIMPAGE AND FORCE THE INSIDE SHOULDER OF THE OFFENSIVE BLOCKER, USING AN ARM RIP UP TECHNIQUE. IF BLOCKING COMBINATION INDICATED INSIDE RUNNING PLAY, THEN KEEP DRIVING TIGHT FOR PENETRATION. IF THE BLOCKER CONTACTS YOU WITH FLOW, HOLD THE HOLE OR USE EITHER ARM LIFT OR SPIN ESCAPE TECHNIQUE.

ESCAPE

TECHNIQUES USED AFTER READING PLAYS TO GET TO THE POINT OF ATTACK:

- A. SLIDE - ACTION USED AFTER CONTROLLING THE BLOCKER BY STEPPING LATERALLY, WITH THE INSIDE FOOT WHEN MOVING INSIDE AND OUTSIDE FOOT WHEN MOVING OUTSIDE. KEEP THE FEET PARALLEL AND USE QUICK GLIDING STEPS WHILE CONTROLLING THE BLOCKER, AND THEN SPRING TO THE POINT OF ATTACK.
- B. LEVERAGE - YOUR ACTION USED ON CONTROLLING TECHNIQUES AFTER NEUTRALIZING A BLOCKER. YOU MUST HOLD THE HOLE AND THIS IS ACCOMPLISHED BY FORCING THE OFFENSIVE BLOCKER INTO THE POINT OF ATTACK.
- C. THROW - HAND GRAB ON THE BLOCKER AND PULL HIM AWAY FROM THE POINT OF ATTACK. STEP AND DRIVE FOR THE POINT OF ATTACK.
- D. ARM LIFT
 - 1. USED WHEN READING A DOWN BLOCK.
 - 2. YOUR ACTION OF STEPPING TOWARD A DOWN BLOCK, AND USING THE ARM TO THAT SIDE IN AN UPWARD DRIVING MOTION UNDER THE CHIN OR SHOULDER PADS OF THE BLOCKER TO KNOCK HIM OFF BALANCE OR THROW HIM OFF.

PASS RUSH

WE ARE A PENETRATING DEFENSE. THIS ALLOWS US TO CONTROL THE LINE OF SCRIMMAGE AND PUT QUICK PRESSURE ON THE PASSER.

BY FOLLOWING OUR RULES AND KEYS ON EACH PLAY, WE CAN BE AGGRESSIVE TO THE POINT OF DOMINATING OUR OPPONENTS.

THE KEY TO A SUCCESSFUL PASS RUSH IS YOUR INTENSE DESIRE TO GET TO THE QUARTERBACK AND DESTROY HIM. ONLY BY BEING AGGRESSIVE PLAYERS AND HAVING PRIDE AND INTENSITY CAN YOU EXPECT TO BE A SUCCESSFUL PASS RUSHER.

KNOW THE DOWN AND DISTANCE:

SECOND AND LONG: SEVEN YARDS OR MORE - PASS RUSH!

THIRD AND LONG: FOUR YARDS OR MORE - PASS RUSH!

RUSH THE PASSER FIRST, THEN REACT TO ANY SCREEN, DRAWS, OR RUN PLAYS.

PASS RULES (THESE ARE THE MOST IMPORTANT TECHNIQUES YOU CAN MASTER:

1. GET OFF THE BALL.
2. GRAB CLOTH.
3. KEEP YOUR FEET MOVING.

KEY THE BALL AND THEN YOUR MAN. DRIVE OFF THE LINE "WITH THE BALL". GET TO THE BLOCKER AS QUICKLY AS POSSIBLE. STRIKE A BLOW WITH THE HAND SHIVER OR HEAD BUTT. GET YOUR HANDS ON THE BLOCKER'S SHOULDERS - GRAB CLOTH AND START WORKING FOR LEVERAGE. KEEP PRESSURE ON THE BLOCKER AS YOU WORK - KEEP YOUR FEET MOVING AND DRIVING TOWARD THE PASSER - GET RID OF THE BLOCKER AND GET THE PASSER!

IN SUMMARY, THE FOLLOWING METHODS APPLY:

1. TACKLES - YOU MUST GET PENETRATION AND BREAK THE PASSING POCKET. STAY IN YOUR PASS RUSH LANE. GET YOUR HANDS UP AND MAKE THE PASSER THROW THROUGH YOU OR OVER YOU. KEEP THE PRESSURE ON THE PASSER. GET IN ALL SCREENS. KEEP DRAW LANES TIGHT.

2. ENDS - YOU MUST CONTAIN ON ALL PASSES. ON DROP BACK PASSES, KEEP HIM IN THE POCKET AND KEEP IT TIGHT. ON ROLLOUTS AND BOOTLEGS, KEEP THE PASSER CONTAINED. YOUR ANGLE TO THE PASSER IS IMPORTANT. FORCE SCREENS, GET INTO THE PASSER'S FACE. END AWAY FROM THE FORCE, GET DOWNFIELD AND BE A FACTOR. ON DRAWS, REACT BACK AND TO THE OUTSIDE. KEEP IT FROM BOUNCING TO THE OUTSIDE.

KEEP IN YOUR LANE UNLESS YOU KNOW THAT YOU CAN DEFINITELY BEAT YOUR OPPONENT. MOST OF THE TIME, THIS WILL MEAN YOU MUST GO THROUGH THE BLOCKER.

DO NOT GIVE GROUND TO THE OUTSIDE WHEN YOUR OPPONENT SETS UP WIDE. TAKE YOUR REGULAR COURSE UNTIL YOU ARE EVEN WITH HIM, THEN DRIVE.

WHEN RUSHING, NEVER TAKE YOUR EYES OFF THE PASSER. THERE ALWAYS BECOMES A POINT WHEN YOU CAN OBSTRUCT THE VISION OF THE QUARTERBACK BY THROWING YOUR HANDS HIGH:

1. YOU OBSTRUCT THE PASSER'S VISION TO THE RECEIVER.
2. YOU FORCE THE PASSER TO THROW THE BALL WITH A HIGH TRAJECTORY. BALLS THROWN ON A HIGH TRAJECTORY ARE USUALLY THROWN UP FOR GRABS. THE HIGHER AND LONGER THE FLIGHT OF THE BALL INCREASES THE TIME THE BALL HAS TO TRAVEL. THIS ADDED TIME ENABLES OUR DEFENSIVE BACKS TO INTERCEPT THE BALL.

WHEN FREE, LEARN TO BURST TO THE QUARTERBACK.

THE DIFFERENCE BETWEEN A SACK AND A PRESS (HITTING THE QUARTERBACK CAUSING SOMETHING TO HAPPEN) IS LEARNING TO BURST TO THE QUARTERBACK WHEN FREE. TAKE YOUR SHOT; EVEN THE GREAT PASSERS FLINCH AND GET ERRATIC. THE OTHERS WILL CRACK AND FOLD.

RUSHING THE PASSER IS A MUST FOR A DEFENSIVE LINEMAN. THIS IS AN ART AND MUST BE WORKED ON EVERY DAY. HARD WORK AND STUDY WILL HELP YOU DEVELOP YOUR TECHNIQUES (MOVES).

ALWAYS HAVE A PRE-DETERMINED PASS RUSH TECHNIQUE (MOVE) IN MIND - BUT TAKE WHAT HE GIVES YOU.

AGAINST GOOD PASS BLOCKERS, YOU WILL MAKE A MOVE AT THE LINE TO GET HIM OFF BALANCE. DRIVE HIM UPFIELD WHERE YOU GIVE A SECOND MOVE TO ESCAPE TO THE QUARTERBACK.

KNOW YOUR OPPONENT

IT IS IMPORTANT THAT YOU KNOW ALL TYPES OF BLOCKING TECHNIQUES THAT ARE USED IN PROTECTING THE PASSER. HOWEVER, IT IS EQUALLY IMPORTANT THAT YOU KNOW YOUR OPPONENT. EACH GAME WILL PRESENT YOU WITH A DIFFERENT BLOCKER AND IT IS VITAL THAT YOU STUDY HIS TECHNIQUES AND SEARCH FOR A WEAKNESS THAT YOU CAN EXPLOIT. AT TIMES, IT WILL BE NECESSARY FOR YOU TO ADJUST YOUR RUSH DURING THE COURSE OF ONE GAME. LET'S BE INTELLIGENT ENOUGH IN OUR APPROACH TO BE ABLE TO MAKE THESE ADJUSTMENTS. YOU CAN HELP YOURSELF IN TRAINING CAMP, BY WORKING ON DEFEATING THE VARIOUS BLOCKING TECHNIQUES IN ORDER THAT YOU MAKE YOUR ADJUSTMENT DURING THE SEASON FROM WEEK TO WEEK.

COMMON TECHNIQUES OF PASS BLOCKING

RIDER

MOST COMMONLY USED IN THE NATIONAL FOOTBALL LEAGUE. THE BLOCKER USES THE RUSHER'S REACTIONS AND MOMENTUM TO KEEP HIM OUT OF THE POCKET. HE RELIES ON HIS BALANCE, MANUEVERABILITY, AND USE OF HIS HANDS TO WARD OFF HAND GRABS. HE IS MOST SUSCEPTIBLE TO THE SHOULDER AND QUICK DRIVE, WITH A COUNTER MOVE OFF OF EACH.

POP AND RECOIL

THIS TECHNIQUE IS USED TO STOP THE OVERPOWERING-TYPE OF PLAYER. IT IS AN AGGRESSIVE HEAD BLOCK FROM THE NUMBERS UP UNDER THE CHIN AND RECOILING BACK TO A POSITION FOR A FOLLOWUP - POP OR RIDE. HE IS SUSCEPTIBLE TO THE GRAB, PULL, AND SWIPE. QUICKNESS IN GETTING BY THIS TYPE OF BLOCKER BEFORE HE CAN REGAIN HIS RECOIL POSITION IS IMPORTANT.

SET AND CUT

GENERALLY EMPLOYED BY SHORTER PLAYERS. THIS IS OFTEN USED ON SHORT PASSES AND AS A CHANGE OF PACE FOR THE OVERPOWERING-TYPE OF RUSHER AND ARM SWIPER. THE USE OF THE HANDS IN PULLING THIS BLOCKER ASIDE OR HEAD FAKING WITH A PULL IS EFFECTIVE. A RUSHER SHOULD JUMP OR LIMP-LEG THIS BLOCKER OCCASIONALLY.

PLAY PASS (FIRE PROTECTION)

THIS IS A BUTT BLOCK USED ON PLAY ACTION PASSES. THE FAKE OF A RUN TO DISGUISE THE PASS HOLDS THE DEFENDER MOMENTARILY. HOWEVER, THE BLOCKER GENERALLY IS OVEREXTENDED AND EASILY PULLED OR THROWN OFF BALANCE.

CUT (FIRE CUT)

AN AGGRESSIVE HEAD BLOCK THROUGH THE GROIN DESIGNED TO TIE UP THE LEGS AND KEEP THE HANDS DOWN ON SHORT PASSES. THIS TECHNIQUE IS SUSCEPTIBLE TO QUICK PULL OR JUMPING OVER THE BLOCKER.

PASS RUSH TECHNIQUES

A SUCCESSFUL PASS RUSH BEGINS WITH THE PROPER ATTITUDE. YOU MUST WANT TO GET TO THE PASSER WORSE THAN THE BLOCKER WANTS TO KEEP YOU OFF HIM. IF YOU DO NOT FEEL THIS WAY ABOUT IT, ALL THE TECHNIQUE IN THE WORLD WILL NOT HELP YOU.

THE TECHNIQUES DESCRIBED BELOW ARE THE ONES THAT ARE COMMONLY USED IN THE NATIONAL FOOTBALL LEAGUE. THESE TECHNIQUES WILL SERVE AS A GUIDE FOR YOU. HOWEVER, UTILIZE YOUR OWN INITIATIVE AND DEVELOP YOUR OWN STYLE, OR WHATEVER WILL MAKE YOU AN EFFECTIVE PASS RUSHER. YOUR MOVE MUST BE NATURAL BY USING YOUR STRENGTH AND OPPONENT'S WEIGHT TO GET HIM OFF BALANCE AND OUT OF POSITION.

DEFENSIVE ENDS

SHOULDER DRIVE

A STRONG SURGE OVER THE OUTSIDE SHOULDER OF THE OFFENSIVE TACKLE. IT IS DESIGNED TO DEFEAT THE RIDER-TYPE BLOCKER THAT LACKS STRENGTH OR TAKES YOU ON SOFT OR SETS INSIDE TOO MUCH. THIS IS AN ALL-OUT ASSAULT TO WHIP YOUR MAN PHYSICALLY.

- A. NO HEAD FAKES, PULL, OR THROWS, BUT SIMPLY A POWER THRUST AT THE POINT WHERE THE QUARTERBACK SETS UP.
- B. FORCE THE BLOCKER BACK INTO THE QUARTERBACK.
- C. ONCE YOU HAVE BEEN SUCCESSFUL, YOU HAVE FORCED THE BLOCKER TO COMMIT HIS STRENGTH TO STOP YOU. HE IS READY FOR THE FAKE SHOULDER DRIVE AND ONE OF YOUR COUNTER MOVES (BALANCE).
- D. IT IS VITAL THAT THE INSIDE SHOULDER IS FORWARD AND UNDER THE BLOCKER'S SHOULDER. KEEP THE HEAD UP.

QUICK DRIVE

THIS IS A SPEED ESCAPE DESIGNED TO OUTRUN THE BLOCKER THAT SETS INSIDE TOO MUCH, HAS SLOW FOOTWORK, OR CROSSES OVER TO ENGAGE THE RUSHER. IT SHOULD ALSO BE USED WHEN THE QUARTERBACK DOES NOT STEP BACK UP INTO THE POCKET TO GIVE THE BLOCKER ANY ADVANTAGE.

- A. IT IS TO YOUR ADVANTAGE TO WIDEN YOUR POSITION SLIGHTLY OR DRIVE DIRECTLY UPFIELD TO AVOID IMMEDIATE CONTACT WITH THE BLOCKER. YOU ARE SPRINTING TO A POINT AND ATTEMPTING TO DEFEAT YOUR OPPONENT'S POOR FOOTWORK AND QUICKNESS (BALANCE AND POSITION).
- B. ONCE YOU HAVE HIM RUNNING TO DRIVE YOU BEYOND THE QUARTERBACK, HE IS VERY SUSCEPTIBLE TO A THROW OR FOREARM BLOW ON THE CHEST, AND ESCAPE INSIDE.
- C. A QUICK HEAD FAKE INSIDE ON YOUR INITIAL MOVE IS OFTEN EFFECTIVE.

SHOULDER GRAB

THIS MOVE IS DESIGNED TO WORK AGAINST A TACKLE WHO SETS UP QUICKLY ON THE LINE OF SCRIMMAGE. DEFENSIVE END CHARGES INTO THE TACKLE, DELIVERING A BLOW WITH HIS NEAR FOREARM INTO THE SHOULDER OF THE TACKLE, ALMOST SIMULTANEOUSLY GRABBING HIS OTHER SHOULDER AND PULLING DOWN WHILE CHARGING TO THE OUTSIDE AROUND THE TACKLE TO THE PASSER.

SHOULDER GRAB AND JERK

THIS MOVE IS ACCOMPLISHED BY GRABBING THE OPPONENT WITH ONE HAND ON HIS SHOULDER AND THE OPPOSITE HAND REACHING ACROSS THE SHOULDER AND GRABBING THE JERSEY. THE ACTION THEN BECOMES ONE OF PUSHING WITH ONE HAND AND PULLING WITH THE OTHER IN A CLEAN, JERKING MOTION AND THEN FOLLOWED BY A DRIVING MOVEMENT TO THE QUARTERBACK.

ARM UNDER

THIS TECHNIQUE IS DONE BY DRIVING THE ARM AND SHOULDER INSIDE OR OUTSIDE AND BEYOND THE BODY OF THE OFFENSIVE LINEMAN FOLLOWED BY A RIPPING UP ACTION OF THE ARM AND A QUICK MOVEMENT OF THE FEET IN A DRIVING ACTION TO THE QUARTERBACK.

ARM OVER

THIS TECHNIQUE IS USED AFTER SETTING UP THE OFFENSIVE LINEMAN AND IS THE ACTION OF BRINGING THE ARM BACK AND OVER WITH RIPPING ACTION INSIDE OR OUTSIDE. FOLLOWED BY QUICK MOVEMENT OF THE FEET IN A DRIVING BURST TO THE QUARTERBACK.

HEAD BUTT AND JERK

YOU ARE FAKING A RUSH AND PULLING THE BLOCKER TOWARD YOU AND THE LINE OF SCRIMMAGE. IT IS DESIGNED TO DEFEAT A BLOCKER THAT SETS TOWARD YOU OR THE LINE OF SCRIMMAGE. GOOD AGAINST A POP AND RECOIL TYPE, PLAY PASS, OR ONE THAT GETS HIS HEAD DOWN AND HIS WEIGHT COMMITTED FORWARD.

- A. HEAD BUTT OR FAKE AN INSIDE OR OUT RUSH WITH A STRONG HAND GRAB ON THE SHOULDER PADS.
- B. JERK THE BLOCKER TOWARD THE LINE OF SCRIMMAGE SIMULTANEOUSLY STEPPING AWAY FROM HIM ON THE SIDE YOU INTEND TO ESCAPE.

COACHING POINT

ENDS MUST GET DEPTH ON ALL PASS RUSHES. DO NOT GET PINNED ON THE LINE.

KEEP THE FEET MOVING IN QUICK SHORT "CHOPPY" STEPS. STAY ON YOUR TOES.

ALWAYS GET RID OF YOUR MAN. NEVER QUIT UNTIL YOU ARE FREE. YOU ONLY GET A PLUS GRADE IF YOU COME FREE. OFTEN YOU DO NOT REALIZE HOW MUCH TROUBLE YOU HAVE THE BLOCKER IN TERMS OF HIS BALANCE. IF YOU WILL JUST CONTINUE YOUR RUSH FOR ANOTHER SPLIT SECOND, THIS COULD BE THE MARGIN WHERE YOU WHIP YOUR MAN.

DEFENSIVE TACKLES

SHOULDER DRIVE

A STRONG SURGE OVER OR THROUGH EITHER SHOULDER. YOU ARE ATTACKING THE BLOCKER TO WHIP HIM PHYSICALLY AND FORCE HIM BACK ON THE PASSER. THIS IS VERY GOOD AGAINST A RIDER. IT SETS YOUR MAN UP FOR GOOD ESCAPE MOVES.

- A. POWER THRUST TO FORCE THE GUARD BACK ONTO THE QUARTERBACK.
- B. SUCCESS HERE WILL CAUSE YOUR BLOCKER TO COMMIT STRONGER AND THEN HE IS SUSCEPTIBLE TO PULLS AND THROWS.

- C. GET THE SHOULDER UNDER THE BLOCKER AND HOLD YOUR LEVERAGE AND MOMENTUM THROUGHOUT THE DRIVE. KEEP YOUR HEAD UP.

HAND GRAB PULL

COUNTER OFF OF YOUR SHOULDERS DRIVE. THIS IS DESIGNED TO DEFEAT POP AND RECOIL, PLAY PASS, OR A PLAYER WHO HAS POOR BALANCE AND OVER-COMMITS HIMSELF.

- A. AS YOU START YOUR CHARGE AND THE BLOCKER COMMITTS HIMSELF, JERK HIM TOWARD YOU, SIMULTANEOUSLY STEPPING DIAGONALLY WITH YOUR FOOT ON THE SIDE OF ESCAPE.
- B. STRONG HAND GRAB AND FAKE INSIDE OR OUTSIDE DRIVE AND STEP OPPOSITE.

ARM UNDER

THIS TECHNIQUE IS DONE BY DRIVING THE ARM AND SHOULDER INSIDE OR OUTSIDE AND BEYOND THE BODY OF THE OFFENSIVE LINEMAN FOLLOWED BY A RIPPING UP ACTION OF THE ARM AND QUICK MOVEMENT OF THE FEET IN A DRIVING ACTION TO THE QUARTERBACK.

ARM OVER

THIS TECHNIQUE IS USED AFTER SETTING UP OF THE OFFENSIVE LINEMAN AND IS THE ACTION OF BRINGING THE ARM BACK AND OVER WITH RIPPING ACTION INSIDE OR OUTSIDE. FOLLOWED BY QUICK MOVEMENT OF THE FEET IN A DRIVING BURST TO THE QUARTERBACK.

HEAD BUTT AND JERK

YOU ARE FAKING A RUSH AND PULLING THE BLOCKER TOWARD YOU AND THE LINE OF SCRIMMAGE. IT IS DESIGNED TO DEFEAT A BLOCKER THAT SETS TOWARD YOU OR THE LINE OF SCRIMMAGE. GOOD AGAINST A POP AND RECOIL TYPE, PLAY PASS, OR ONE THAT GETS HIS HEAD DOWN AND HIS WEIGHT COMMITTED FORWARD.

- A. HEAD BUTT OR FAKE AN INSIDE OR OUT RUSH WITH A STRONG HAND GRAB ON THE SHOULDER PADS.
- B. JERK THE BLOCKER TOWARD THE LINE OF SCRIMMAGE SIMULTANEOUSLY STEPPING AWAY FROM HIM ON THE SIDE YOU INTEND TO ESCAPE.

SHOULDER GRAB

THIS MOVE IS DESIGNED TO WORK AGAINST A GUARD WHO SETS UP QUICKLY ON THE LINE OF SCRIMMAGE. THE DEFENSIVE TACKLE CHARGES INTO THE GUARD DELIVERING A BLOW WITH HIS HEAR FOREARM INTO THE SHOULDER OF THE GUARD, ALMOST SIMULTANEOUSLY GRABBING HIS OTHER SHOULDER AND PULLING DOWN WHILE CHARGING TO THE OUTSIDE AROUND THE TACKLE TO THE PASSER.

SHOULDER GRAB AND JERK

THIS MOVE IS ACCOMPLISHED BY GRABBING THE OPPONENT WITH ONE HAND ON HIS SHOULDER AND THE OPPOSITE HAND REACHING ACROSS THE SHOULDER AND GRABBING THE JERSEY. THE ACTION THEN BECOMES ONE OF PUSHING WITH ONE HAND AND PULLING WITH THE OTHER IN A CLEAN, JERKING MOTION AND THEN FOLLOWED BY A DRIVING MOVEMENT TO THE QUARTERBACK.

LEVERAGE

THIS IS THE MOST USED TECHNIQUE. GRABBING THE BLOCKER'S ARM BELOW THE SHOULDERS OR SHOULDER PADS. THIS CAN BE USED ON ABOUT ANY TYPE OF BLOCKER EXCEPT A CUT BLOCKER (FIRE).

- A. THROW HIM AWAY FROM THE LINE OF SCRIMMAGE OR Laterally.
- B. HEAD FAKE, GRAB, THROW, STEP OPPOSITE AS YOU THROW AND SURGE BY HIM. THIS MUST BE DONE WITHOUT LOSS OF MOTION OR DRIVE FORWARD. THE LATERAL PROGRESS IS OF LITTLE VALUE. ALWAYS BE MOVING TOWARD THE PASSER.

HAND BLOW AND TURN

CHARGE, DRIVING THE HEEL OF THE HAND ON THE SIDE OF YOUR FIRST STEP, INTO THE SHOULDER OF THE GUARD, SIMULTANEOUSLY GRABBING THE GUARD'S OPPOSITE ARM ABOVE THE ELBOW WITH YOUR OTHER HAND, TURNING HIM AWAY FROM YOU, WHILE CONTINUING YOUR CHARGE AROUND HIM TO THE PASSER.

JAB STEP AND THROW

JAB STEP FORWARD UNDER CONTROL WHILE MAKING CONTACT WITH YOUR HAND ON THE GUARD'S SHOULDERS. PUSH OFF WITH YOUR INSIDE FOOT, SLIDING LATERAL AND FORWARD TO THE OUTSIDE OF THE GUARD WHILE THROWING HIM OFF TO THE INSIDE WITH YOUR HANDS. CONTINUE YOUR CHARGE PAST HIM TO THE PASSER.

ARM DRAG

THIS IS TO BE USED IF THE BLOCKER'S SHOULDERS ARE TURNED AND HE IS SLIGHTLY AHEAD OF YOU. PULL HARD WITH BOTH HANDS AND KEEP HIS MOMENTUM GOING TO THE OUTSIDE. DRIVE HARD WITH THE OUTSIDE LEG AND MOVE INSIDE OF HIM TO THE PASSER. THROW OUTSIDE ARM OVER.

COACHING POINT

TACKLES MUST GET PENETRATION. BREAK THE POCKET.

KEEP YOUR FEET MOVING IN QUICK, SHORT "CHOPPY" STEPS. STAY ON YOUR TOES.

ALWAYS GET RID OF YOUR MAN. NEVER QUIT UNTIL YOU ARE FREE. YOU ONLY GET A PLUS GRADE IF YOU COME FREE. OFTEN YOU DO NOT REALIZE HOW MUCH TROUBLE YOU HAVE THE BLOCKER IN TERMS OF HIS BALANCE. IF YOU WILL JUST CONTINUE YOUR RUSH FOR ANOTHER SPLIT SECOND, THIS COULD BE THE MARGIN WHERE YOU WHIP YOUR MAN.

DRAWS

RUSH THE PASSER. YOU CAN NOT BE AN EFFECTIVE PASS RUSHER IF YOU ARE WORRIED ABOUT THE DRAW. WE WILL DO THE FOLLOWING WHEN A DRAW SHOWS:

1. REACT

THE ENDS MUST STOP AND SPIN TO THE OUTSIDE TO HELP WITH THE BOUNCE OUT. THE TACKLE SHOULD REACT BACK TO THE MIDDLE. THE LINEBACKERS WILL ATTACK THE DRAWS OUTSIDE IN.

2. GAMES

EFFECTIVE IN BREAKING THE BLOCKING PATTERN AND RUNNER'S LANE. WE WILL USE A "U" GAME AS THE FIRST CHOICE.

SCREENS

RUSH THE PASSER. WE REACT TO ALL SCREENS. DO NOT GUESS. WHEN A SCREEN SHOWS, WE WILL DO THE FOLLOWING:

1. THE MAN WITH THE DEEP PENETRATION SHOULD CONTINUE YOUR RUSH AND FORCE THE QUARTERBACK TO MAKE HIM THROW AS FAST AS POSSIBLE. GET HANDS UP. THIS WILL GENERALLY BE ONE OF OUR ENDS.
2. TACKLES - WHEN YOU SEE A SCREEN, FOLLOW THE LINEMEN OUT. BE ALERT FOR PEEL BACK BLOCK. LINEBACKERS OR DEFENSIVE BACKS WILL TURN ALL SCREENS IN.
3. END - AWAY FROM THROW, HEAD DOWNFIELD, IN PROPER PURSUIT ANGLE. YOU ARE IMPORTANT MAN WHEN THE RUNNER CUTS BACK.

4-3 GAMES

TO BE USED IN A PASSING SITUATION TO HELP YOUR PASS RUSH. THEY ARE ALSO EFFECTIVE AGAINST TEAMS THAT LIKE TO FEATURE THE DRAW AND LAG PLAYS. GAMES MAY BE DETERMINED BY GAME - DEFENSE - FORMATIONS. THE DEFENSIVE LINEMAN CAN AND MUST USE THESE GAMES AT THE LINE OF SCRIMMAGE OR IN A "CAN" SITUATION. GAMES CAN BE RUN QUICK OR DELAYED. YOU MUST BE AWARE IF THE OFFENSIVE LINE IS USING MAN TO MAN OR AREA BLOCKING. YOU MUST BE ALERT FOR ANY AGGRESSIVE OR STAB BLOCKING. IT WILL HURT YOUR GAMES IF YOU ARE STOPPED OR CUT OFF AT THE LINE OF SCRIMMAGE. BE READY AND LET THE SURPRISE ELEMENT BE ON OUR SIDE. OUR OBJECTIVE IS TO DESTROY THE PROTECTION AREA OF THE OFFENSIVE LINE. THE ONLY GOOD GAME IS ONE THAT GETS THE QUARTERBACK OR STOPS THE RUN.

COACHING POINT: "OMAHA" IS THE WORD TO CALL OFF ANY GAME AT THE LINE OF SCRIMMAGE. AN IMPORTANT NOTE IS THAT THE TWO MOST COMMON TIPS THAT THE OFFENSE GETS ARE: 1) TIPPING ALIGNMENT; AND 2) TIPPING STANCE.

TOM OR TOMMY

A GAME BETWEEN THE DEFENSIVE TACKLES. THE LEFT TACKLES WILL BE RESPONSIBLE FOR THE CALL. IN CASE OF A DOUBLE CALL BY THE ENDS AND TACKLES, THE END'S CALL WILL HAVE PRIORITY UNLESS THE GAME PLAN DICTATES SOMETHING ELSE.

THE TOM CALL MEANS THE RIGHT TACKLE IS THE GAP MAN AND WILL GO FIRST. TOMMY CALL MEANS THE LEFT TACKLE IS THE GAP MAN AND WILL GO FIRST.

THIS GAME IS TO HELP YOU TO PENETRATE THE PASSING POCKET AND BREAK IT ON YOUR PATH TO THE QUARTERBACK. IT IS MOST EFFECTIVE WHEN THE O.G. IS SETTING DEEP AND TO THE OUTSIDE AND WHEN THE CENTER (OG ON OVER DEFENSE) IS DROPPING OUT THE MIDDLE FOR PASS PROTECTION.

TOM (TOMMY) GAP TACKLE (FIRST)

BE SURE YOU HAVE GOOD ALIGNMENT ESPECIALLY ON OVER DEFENSE. KEY THE BALL AND GET OFF QUICKLY. KEEP YOUR OUTSIDE SHOULDER LOW AND UNDER THE O.G. USE YOUR ARM TO RIP THROUGH HIS HEAD IF HE IS BLOCKING DOWN ON YOU. MAN TO MAN BLOCKING - YOU MUST BEAT HIM AND GET DEEP PENETRATION. SHOULD THE CENTER TRY TO HELP, YOU MUST CONTINUE TO FIGHT FOR DEEP PENETRATION SO THAT YOU WILL PREVENT THE CROSSING O.G. FROM PICKING UP THE ENGAGE TACKLE. DO NOT GIVE YOURSELF UP EVEN TO THE DOUBLE TEAM. FIGHT THROUGH AND GET THE QUARTERBACK. AREA BLOCKING - YOU WILL END UP WITH A ONE-ON-ONE SITUATION WITH THE CENTER. YOU MUST BEAT HIM. YOU WILL PROBABLY GET SOME INITIAL PRESSURE FROM THE O.G. BUT HE WILL GIVE OFF TO PICK UP THE ENGAGING TACKLE. SO CONCENTRATE YOUR EFFORTS INTO BEATING THE CENTER. YOU ARE THE MAN THAT CAN MAKE THE TOM OR TOMMY GO.

COACHING POINT: ALWAYS BE WORKING TOWARD THE QUARTERBACK (PASSER) IN YOUR LANE.

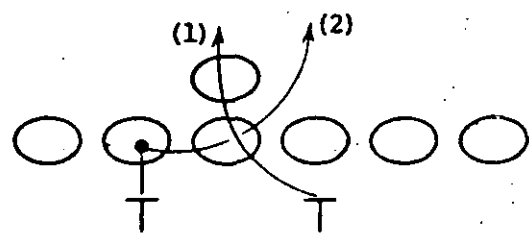
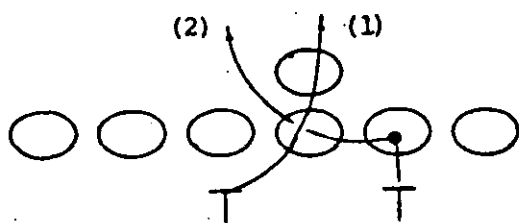
ENGAGE TACKLE (2ND)

GOOD ALIGNMENT; GET OFF THE BALL QUICKLY AND UNDER CONTROL (DO NOT BE STABBED OR CUT). ENGAGE THE O.G. WITH HANDS (IF HE SETS AT LINE), STEP AROUND THE GAP TACKLE AS QUICKLY AND AS CLOSE AS POSSIBLE. IF HE SETS DEEP, START TOWARD HIM AND STEP AROUND AS SOON AS YOU CAN CLEAR. GET UPFIELD. BREAK THE POCKET AND GET TO THE PASSER. WITH MAN TO MAN BLOCKING YOU HAVE GOOD OPPORTUNITY TO COME FREE. DO NOT RUN IN CIRCLES. BE READY TO TAKE ON ANYONE WHO IS IN YOUR PATH. AREA BLOCKING - BE READY TO TAKE ON THE O.G. AFTER HE COMES OFF THE GAP TACKLE. USE HANDS. BEAT HIM AND GET TO THE QUARTERBACK.

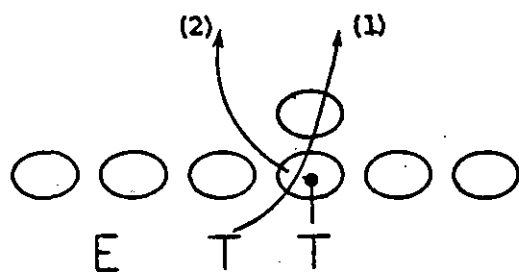
COACHING POINT: ANY RUN TO YOUR SIDE, HOLD, THEN REACT. RUN AWAY - THIS SHOULD PUT YOU IN GOOD POSITION. ANY DOUBTS, GO TO YOUR RESPONSIBILITY.

4-3

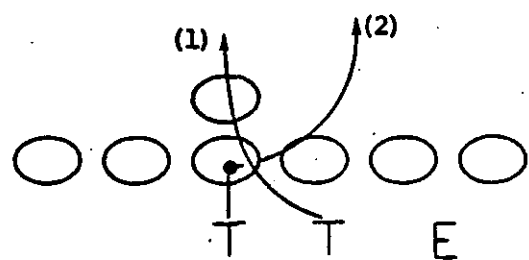
TOMMY - TOM



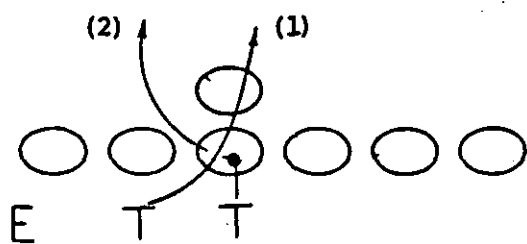
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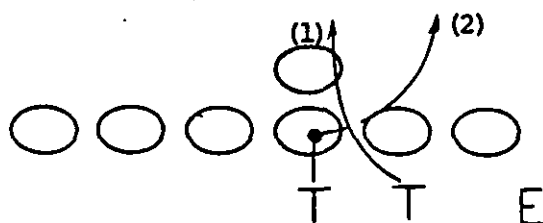
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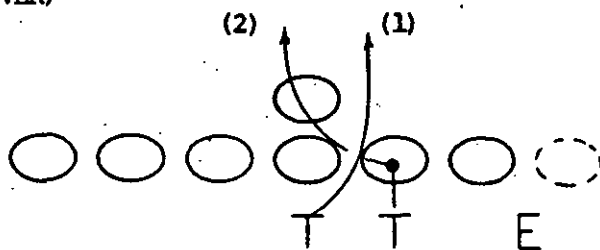
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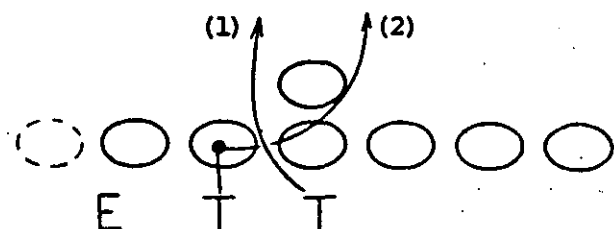
UNDER



UNDER
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UNDER
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ME GAME

A GAME BETWEEN THE DEFENSIVE END AND THE TACKLE ON ONE OR BOTH SIDES. THE END IS RESPONSIBLE FOR THE CALL. IN CASE OF A DOUBLE CALL, THE END'S CALL WILL HAVE PRIORITY UNLESS THE GAME PLAN DICTATES SOMETHING ELSE. THE END WILL BE THE GAP MAN AND GOES FIRST. THE TACKLE WILL BE THE ENGAGE MAN AND GO SECOND. THIS IS MOST EFFECTIVE AGAINST THE O.T. WHO IS SETTING DEEP AND TO THE OUTSIDE. THIS WILL ALSO GIVE YOU AN OPPORTUNITY TO USE AN INSIDE MOVE TO HELP KEEP YOUR TACKLE HONEST. GETTING OFF THE BALL AND YOUR ALIGNMENT ARE VERY IMPORTANT TO THE SUCCESS OF THIS GAME. KNOW IF THE OFFENSIVE LINE IS USING MAN TO MAN TO AREA BLOCKING.

END - GAP MAN (RAM TECHNIQUE OR DELAY TECHNIQUE)

MOVE OFF THE BALL QUICKLY. KEEP YOUR OUTSIDE SHOULDER LOW AND UNDER THE O.T. BEAT HIM AND GET DEEP PENETRATION. FIGHT TO STAY IN YOUR PASSING LANE. DO NOT BE DRIVEN OVER TO THE CENTER'S AREA WHERE HE COULD HELP OUT.

MAN TO MAN BLOCKING - TACKLE WILL TRY TO STAY WITH YOU. CONTINUE TO PENETRATE SO THAT YOU WILL STOP THE O.G. FROM PICKING UP THE ENGAGE TACKLE. IF YOU ARE DOUBLE TEAMED, FIGHT THROUGH IT. DO NOT GIVE YOURSELF UP. YOU MUST BREAK THE POCKET. AREA BLOCKING - YOU MUST PENETRATE BEFORE THE O.G. CAN PICK YOU UP. IF HE IS IN YOUR PATH, TAKE HIM ON AND BEAT HIM. YOU CAN

USE YOUR TWO GAP TECHNIQUE TO DISGUISE YOUR GAME. TAKE THE O.T. ON AND DRIVE HIM BACK, THEN RELEASE INSIDE TO YOUR RUSHING LANE. BE ALERT FOR ANY INSIDE RUNS.

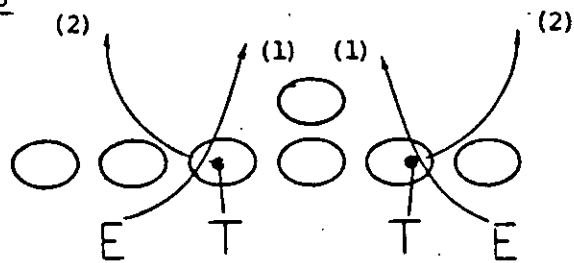
COACHING POINT: SHOULD THE O.T. TAKE A BIG SPLIT, YOU CAN MOVE INSIDE AND BEAT HIM THROUGH THE GAP. BE ALERT FOR THE GUARD PICK-UP. YOU ARE THE MAN TO MAKE THIS GAME EFFECTIVE.

TACKLE - ENGAGE MAN (2ND)

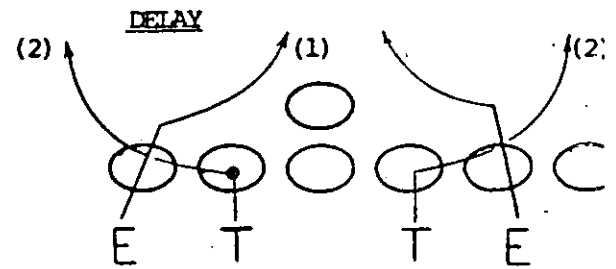
SAME TECHNIQUE AS THE TOM GAME. YOU NOW HAVE THE RESPONSIBILITY OF CONTAINING THE PASSER. YOU HAVE A GOOD CHANCE TO COME FREE ON MAN TO MAN BLOCKING. AREA BLOCKING - HOLD YOUR ENGAGE LONG ENOUGH TO LET THE END CLEAR, THEN GET OUTSIDE QUICKLY. ON OVER AND UNDER, USE A QUICK ENGAGE ON THE CENTER AND STEP AROUND FOR YOUR CONTAINMENT.

COACHING POINT: RUN AWAY - HOLD. RUN TO YOUR SIDE, COME AROUND, AND REACT. ANY DOUBTS, GO TO YOUR RESPONSIBILITY. YOU MUST CONTAIN ALL PLAYS TO YOUR SIDE.

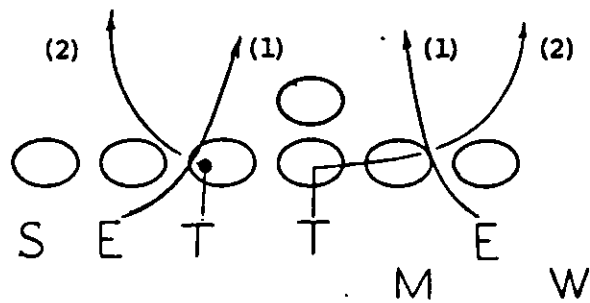
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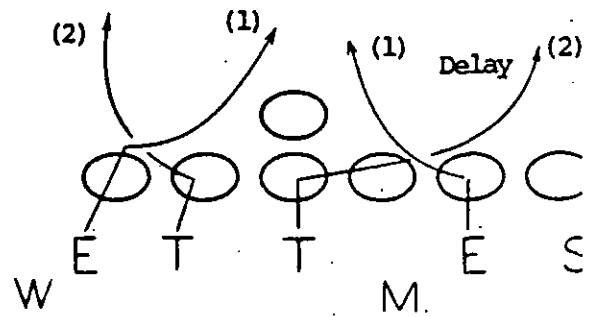
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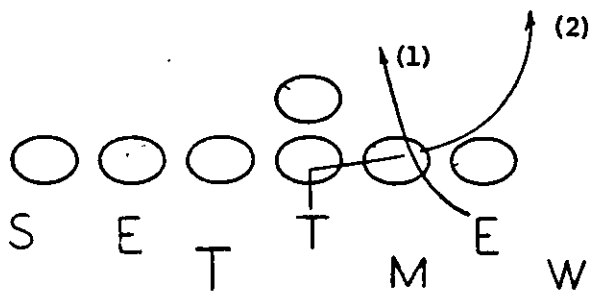
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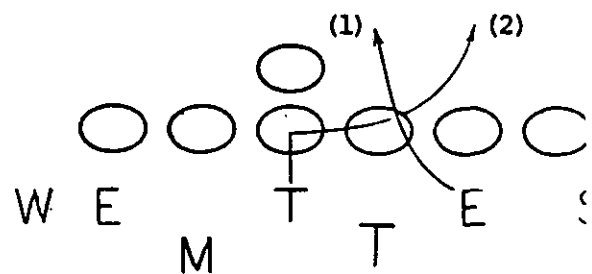
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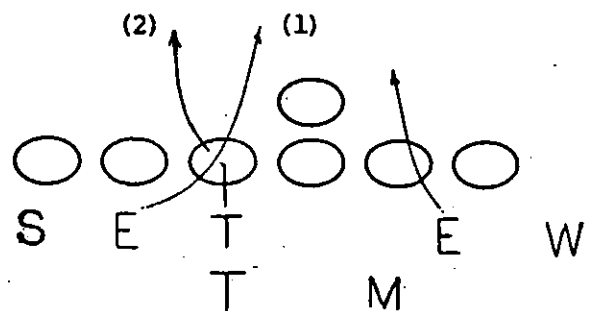
34 - 2 GAP SIDE



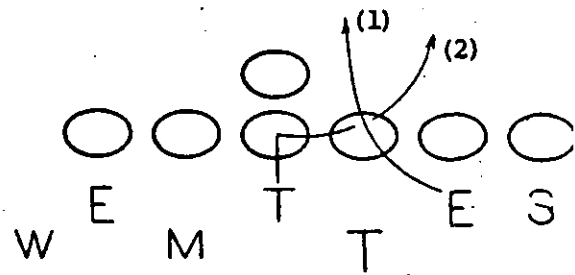
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34 EITHER SIDE



U GAME

A GAME BETWEEN THE DEFENSIVE END AND TACKLE ON ONE OR BOTH SIDES, THE END IS RESPONSIBLE FOR THE CALL. THE TACKLE IS THE GAP MAN AND GOES FIRST. THE END IS THE ENGAGE MAN AND GOES SECOND. THIS IS MOST EFFECTIVE AGAINST THE O.T. WHO SETS ON THE LINE OF SCRIMMAGE.

TACKLE - GAP MAN

GET OFF THE BALL QUICKLY. HIT THE GAP AS QUICKLY AS POSSIBLE AND BEAT THE O.G. OUTSIDE. YOU MUST GET THROUGH AND PENETRATE WITH DEPTH BECAUSE YOU HAVE CONTAINMENT. YOU CANNOT BE PICKED OFF BY THE O.T. YOU CAN USE THE ARM RIP OR HEAD BUTT (TWO GAP TECHNIQUE), BUT YOU MUST WORK OUTSIDE IMMEDIATELY. MAN TO MAN - YOUR CHARGE SHOULD SHUT OFF THE O.T. AND GIVE THE ENGAGE MAN A GOOD CHANCE TO BE FREE. AREA BLOCKING - GET THROUGH THE GAP QUICKLY BEFORE THE O.T. CAN PICK YOU UP. YOU HAVE A GOOD CHANCE TO COME FREE. KEEP YOUR OUTSIDE LEVERAGE AND GET TO THE PASSER. 6-1 "U" - NO CONTAINMENT. GO TO THE PASSER ONCE YOU HAVE CLEARED THE BLOCKERS. DO NOT BE FORCED OUT OF YOUR RUSHING LANE. YOU CAN MAKE THIS GAME GO.

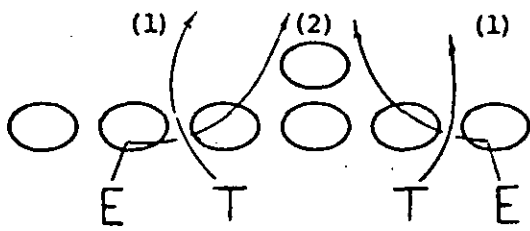
NOTE: SURE PASS SITUATION VS. AREA BLOCK HUG THE GUARD TO AVOID OFFENSIVE TACKLE.

END - ENGAGE MAN (2ND)

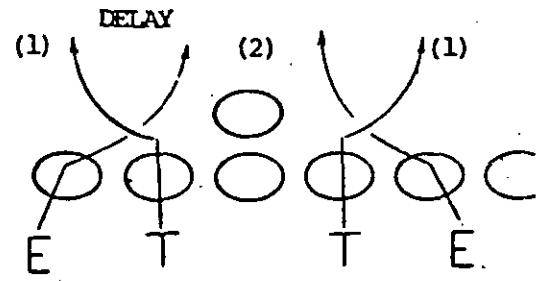
GET OFF THE BALL QUICKLY. ENGAGE THE O.T. WITH HANDS. DO NOT BE STABBED OR CUT. STEP AROUND THE GAP TACKLE AS QUICKLY AS POSSIBLE. STAY IN YOUR RUSHING LANE. GET UPFIELD AND BREAK THE POCKET. YOU MUST PENETRATE. FIGHT YOUR WAY THROUGH ANY DOUBLE TEAMS. MAN TO MAN BLOCKING - YOU HAVE A GOOD CHANCE TO COME FREE IF THE TACKLE SETS SHORT. ONE STEP TOWARD HIM AND STEP AROUND QUICKLY AND GET UPFIELD. AREA BLOCKING - BE READY TO TAKE ON THE O.G. AS YOU STEP AROUND, BEAT HIM TO THE INSIDE. PENETRATE AND GET TO THE PASSER. BE ALERT FOR ANY INSIDE PLAYS.

NOTE: THERE ARE THREE WAYS THAT A GAME IS RUN:

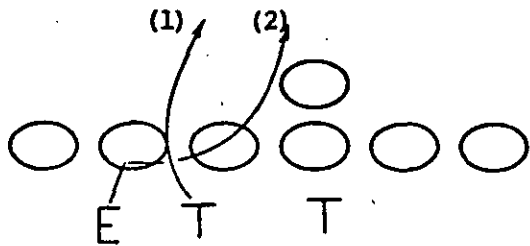
1. RIGHT NOW - USING QUICKNESS AND THE ELEMENT OF SURPRISE TO BEAT THE OPPONENT.
2. TWO STEP DELAY - A DELAY IN THE GAME TO FORCE YOUR OPPONENT OUT OF AREA BLOCKING.
3. GRAB
 - a. FIRST MAN IN THE GAME VS. MAN TO MAN BLOCKING, GRAB BUDDY'S MAN AND TAKE HIM WITH YOU. THIS WILL ALLOW YOUR BUDDY TO COME FREE ON THE GAME.
 - b. FIRST MAN IN THE GAME VS. AREA BLOCKING, GRAB YOUR MAN AND TAKE HIM WITH YOU. THIS WILL ALLOW YOUR BUDDY TO COME FREE ON THIS GAME.



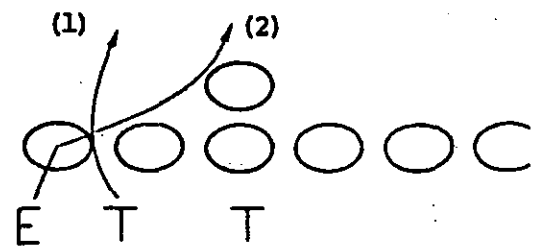
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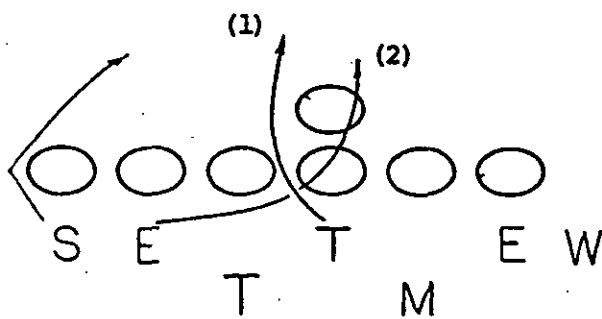
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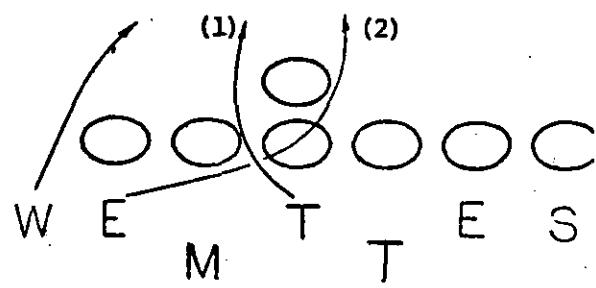
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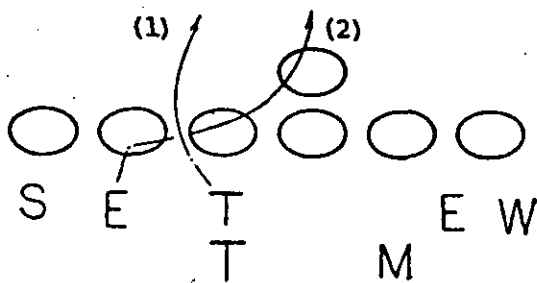
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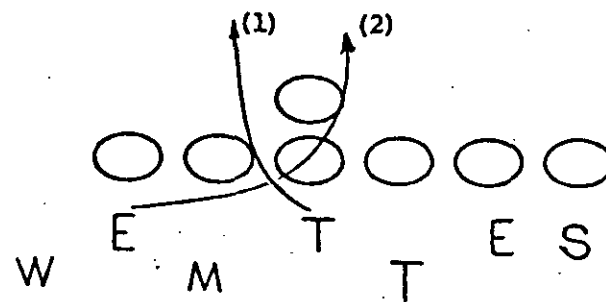
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GAME PLAN

FILMS WILL HELP US STUDY YOUR OPPONENTS WEAKNESS AND STRENGTHS.
OUR SCOUTING REPORT WILL GIVE US TENDENCY BY DOWN AND DISTANCE, AND
FORMATION. ONLY BY PROPER STUDY AND EVALUATION CAN YOU POSSIBLY PLAY
YOUR "BEST". BE A PROFESSIONAL - "HE KNOWS HIS JOB THOROUGHLY AND HAS THE
DEEP PRIDE TO PERFORM IN A COMPETENT MANNER". NO ONE SHOULD KNOW MORE
ABOUT YOUR POSITION THAN YOU DO. BE AN AUTHORITY - THE FOREMOST EXPERT
AT YOUR POSITION.

1. STANCE - WEIGHT - ALIGNMENT OF THE FEET (RUN VS. PASS).
2. STYLE OF PASS PROTECTION (RIDER, POP AND RECOIL, CUTTER)
 - A. SET DEEP OR ON THE LINE OF SCRIMMAGE.
 - B. FALSE STEPPER.
3. QUICK COUNT - UP, DOWN, TWO OR THREE POINT.
4. CHECK LINE SPLITS - STUNTS AND GAMES TO TAKE ADVANTAGE OF THIS.
5. CHECK BACKS FOR ALIGNMENT (CHEATING)
 - A. FAVORITE PLAYS WHEN THE FULLBACK OR HALFBACK ARE CHEATED.
6. KNOW TENDENCY - RUN OUT OF "I" PASS OUT OF RED, ETC.
7. KNOW THE DOWN AND DISTANCE AND WHAT THEY LIKE. "BESIDES YOUR TEAM
MATE, THE YARD MARKER IS YOUR BEST FRIEND".
8. DO NOT BE FOOLISH ENOUGH TO GIVE YOUR OPPONENT ANY EDGE BY READING
YOUR STANCE OR ALIGNMENT.

END KEYS

4-3 AND OVER, OUTSIDE ALIGNMENT 6/7 HOLE. KEY THE OFFENSIVE TACKLE. AS YOU TAKE POSITION, STEP TO TIGHT END (NEAR). READ THE OFFENSIVE TACKLE AND GUARD. YOUR STEP SHOULD GIVE YOU THE END KEY. YOUR PROGRESSION SHOULD THEN TAKE YOU TO THE NEAR BACK FINALLY THE QUARTERBACK.

I. A. STRAIGHT BLOCK (ONE ON ONE)

OFFENSIVE TACKLE MAY OPTION BLOCK IN OR OUT. STEP INTO THE BLOCKER AT THE LINE OF SCRIMMAGE. MEET HIM WITH INSIDE SHOULDER AND FOREARM. DRIVE FEET HARD AND KEEP PRESSURE AGAINST HIS HEAD AND NECK. USE FREE HAND ON HIS UPPER ARM. CONTROL HIT AT THE LINE OF SCRIMMAGE. KEEP PRESSURE ON HIM FROM OUTSIDE IN UNTIL YOU ARE READY TO MAKE YOUR MOVE. STAY SQUARE AND KEEP INSIDE HOLE SMALL. BE READY FOR BOUNCE OUT. LOCATE THE BALL AND MAKE THE PLAY.



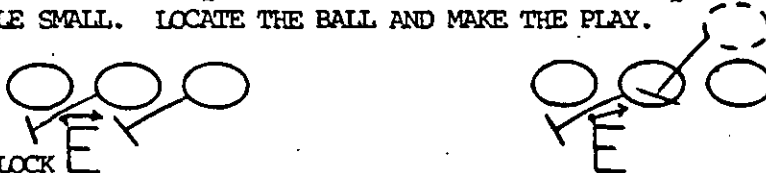
B. HOOK BLOCK

MOVE INTO THE BLOCKER'S HEAD WITH YOUR INSIDE SHOULDER AND FOREARM. WORK THROUGH HIS HEAD. LOOK INSIDE AND SEE ACTION. KEEP SQUARE AND YOUR OUTSIDE HIP CLEAN. GET RID OF HIM AS YOU WORK WIDE AT THE LINE OF SCRIMMAGE. BE IN POSITION TO TAKE THE CUTBACK. LOW CUT - USE YOUR HANDS AND KEEP YOUR FEET CLEAN. KEEP FEET MOVING. LOCATE THE BALL AND MAKE THE PLAY.



C. TURN BLOCK

THE START OF THIS BLOCK WILL LOOK LIKE THE HOOK. YOU WILL GET A KEY BECAUSE THE HEAD WILL BE GOING DOWN THE LINE A LITTLE MORE. USE HANDS AND START TO WORK OUT. READ THE PLAY FROM THE INSIDE OUT. YOU CAN BE BLOCKED BY THE GUARD OR A BACK. YOU MUST RECOGNIZE QUICKLY AND WORK BACK INSIDE AS QUICKLY AS POSSIBLE. KEEP INSIDE HOLE SMALL. LOCATE THE BALL AND MAKE THE PLAY.



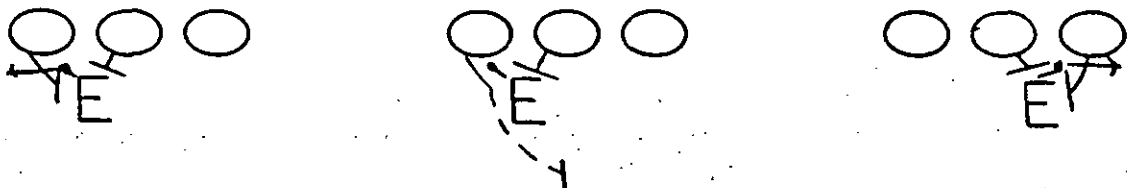
D. POSITION BLOCK

(TO CUT YOU OFF FROM THE INSIDE OR PLAYS AWAY). USE YOUR HANDS TO MAINTAIN YOUR POSITION. REACT TO "WALL-OFF". LOCATE THE BALL AND MAKE THE PLAY.



E. DOUBLE TEAM

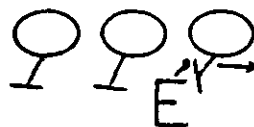
BE ALERT FOR LINE SPLITS. YOU SHOULD GET PRESSURE FROM THE T. E. RIGHT NOW. KEEP DRIVING FEET AND WORKING THROUGH THE TIGHT END. STAY LOW AND SPLIT OFFENSIVE TACKLE. MAKE A PILE AND STOP THEIR MOVEMENT AT THE LINE OF SCRIMMAGE. DROP TO KNEES AS A LAST RESORT. BE SURE TO STAY WIDE TO PREVENT TIGHT END FROM COMING OFF ON THE LINEBACKER. NEVER SPIN AT THE POINT OF ATTACK.



END KEYS cont.

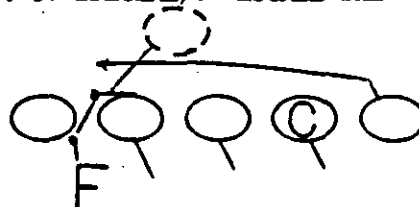
II. A. DOWN BLOCK AND NO ONSIDE PULL

BE ALERT FOR LINE SPLITS. YOU SHOULD GET PRESSURE FROM THE END RIGHT NOW. HIT AS YOU STEP TO HIM WITH YOUR OUTSIDE SHOULDER AND FOREARM. USE FREE HAND TO HELP. DRIVE HARD THROUGH HIS HEAD AND NECK. CONTINUE TO WORK OUT AND KEEP OUTSIDE HOLE SMALL. BE ALERT FOR CUTBACK. LOCATE THE BALL AND MAKE THE PLAY.



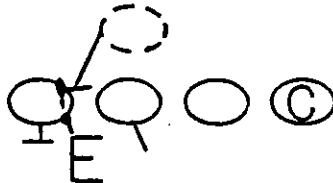
B. DOWN BLOCK

(NO ON GUARD PULL AND NO TIGHT END PRESSURE.) SHOVE THE OFFENSIVE TACKLE AND CLOSE FOR TRAP FROM THE OUTSIDE IN. NO LOG. IF THE OFF GUARD IS PULLING DEEP, PENETRATE TO THE OFF GUARD AND FORCE PLAY DEEP. (36-37 SPECIAL). LOCATE THE BALL AND MAKE THE PLAY.



C. DOWN BLOCK (ON-SIDE GUARD GUARD PULLS)

BE READY TO PLAY THE TIGHT END DOWN BLOCK. NOTE: THE TIGHT END PRESSURE AND ON GUARD IS PULLING DEEP - PENETRATE TO ON GUARD AND FORCE PLAY DEEP.



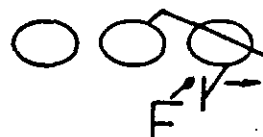
D. DOWN BLOCK (ON-SIDE GUARD PULLS AND NO PRESSURE)

SHOVE OFFENSIVE TACKLE AND CLOSE INSIDE FOR X. BLOCK THEN SWEEP TRAP.



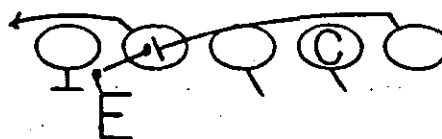
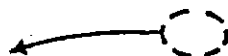
III. A. ON-SIDE TACKLE PULLS

BE READY FOR THE TIGHT END DOWN BLOCK.



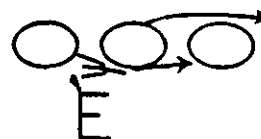
B. ON-SIDE TACKLE PULLS AND NO TIGHT END PRESSURE

TAKE ONE STEP AND LOOK INSIDE FOR TRAP, THEN QUICK PITCH. BE ALERT FOR CUTOFF BY GUARD.

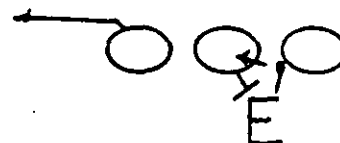
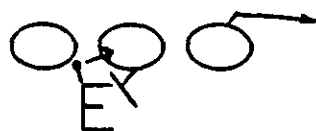


END KEYS cont.

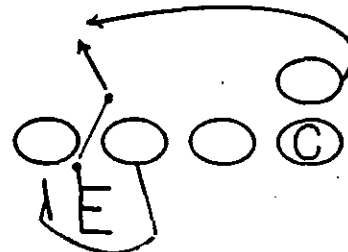
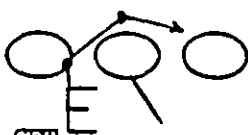
- C. TACKLE PULLS TOWARD CENTER
FOLLOW TACKLE DOWN THE LINE. BE ALERT FOR THE GUARD OR TIGHT END'S CUTOFF.
YOU HAVE REVERSE AND QUARTERBACK KEEP.



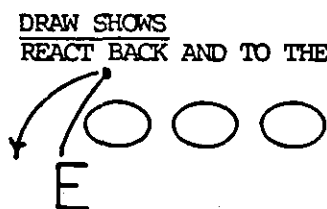
- D. ON GUARD PULLS TO CENTER
OFF TACKLE IS BLOCKING FULL TIME. CHECK BACKFIELD FOR REVERSE AND QUARTERBACK
 KEEP. ANY DOUBT, TAKE THE RESPONSIBILITY. N/T - GET IN PROPER PURSUIT ANGLE.



- E. TACKLE RELEASE
COME TO YOUR POINT AND LOCATE THE BALL, THEN PURSUE. BE ALERT FOR GIMMICK.
FIND THE QUARTERBACK.

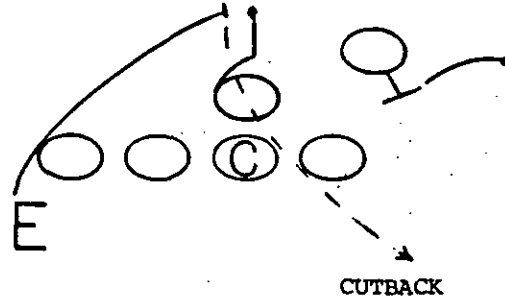
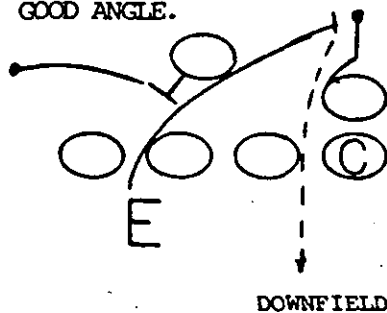


- F. PASS SET
RUSH THE PASSER AND CONTAIN.



- G. DRAW SHOWS
REACT BACK AND TO THE OUTSIDE AND KEEP DRAW FROM BREAKING TO THE OUTSIDE.

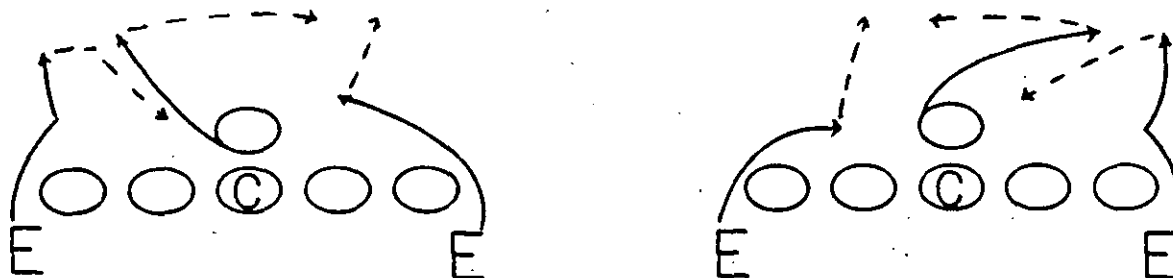
- H. SCREEN
MUST HAVE FORCE NOW. SCREEN YOUR SIDE FORCE AND GET YOUR HANDS UP. GET
DOWNFIELD IF THE BALL IS THROWN. SCREEN AWAY FROM YOU. FORCE AND GET IN IT.
 GOOD ANGLE.



END KEYS cont.

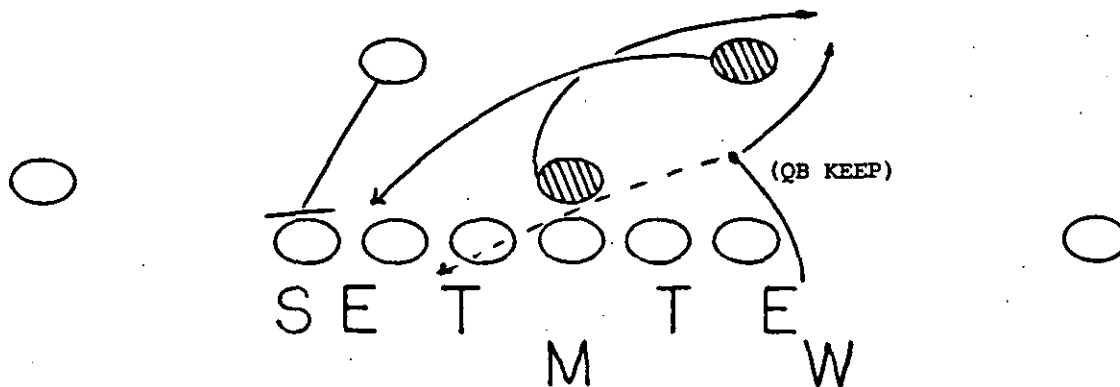
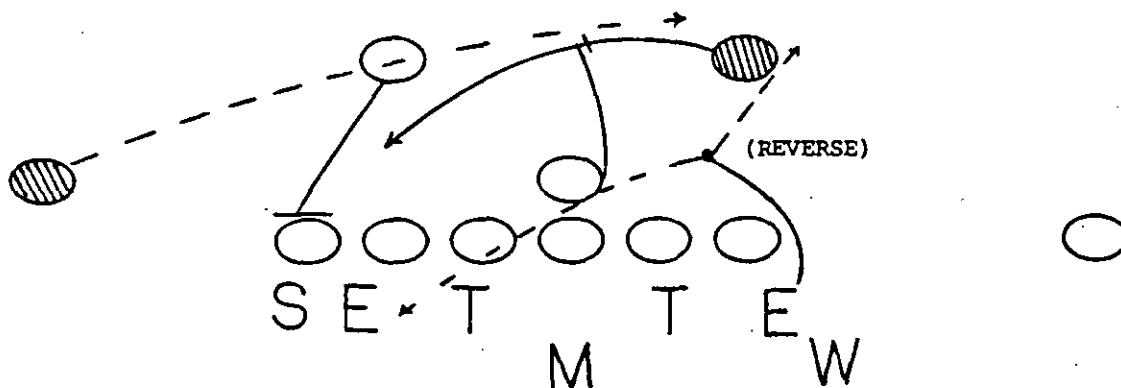
I. ROLL OUTS

MUST KEEP THE QUARTERBACK AND CONTAIN. THE END MAY COME UNDERNEATH BUT BE PREPARED TO REACT IF THE BALL COMES BACK YOU YOU.



J. REVERSE AND QUARTERBACK KEEP

FLOW AWAY. AS YOU PURSUE, GET AS DEEP AS THE DEEPEST BACK. SEE HAND-OFF. REVERSE OR QUARTERBACK KEEP IS YOUR RESPONSIBILITY. N/T - GET INTO PROPER PURSUIT ANGLE. LOOK FOR OPPONENTS FACE COMING BACK. THIS IS YOUR BEST KEY.



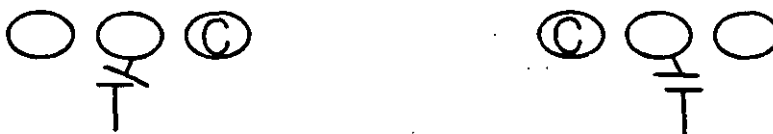
TACKLE KEYS

OVER - OUTSIDE SHOULDER - 4/5 HOLE

KEY GUARD, TACKLE, AND CENTER

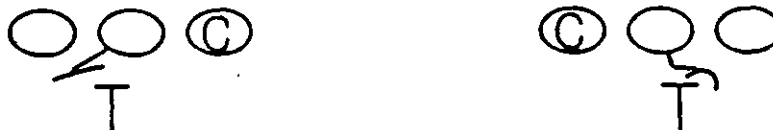
I. A. STRAIGHT BLOCK (ONE ON ONE)

(OFFENSIVE GUARD MAY OPTION IN OUR OUT). STEP INTO THE BLOCKER AT THE LINE OF SCRIMMAGE. MEET HIM WITH INSIDE SHOULDER AND FOREARM. DRIVE FEET HARD AND KEEP PRESSURE AGAINST HIS HEAD AND NECK. USE FREE HAND ON HIS UPPER ARM. CONTROL HIM AS THE LINE OF SCRIMMAGE. KEEP PRESSURE ON HIM FROM THE OUTSIDE IN UNTIL YOU ARE READY TO MAKE YOUR MOVE. STAY SQUARE AND KEEP INSIDE HOLE SMALL. BE READY FOR BOUNCE OUT. LOCATE THE BALL AND STAY AT HOME UNTIL YOU READ THE PLAY.



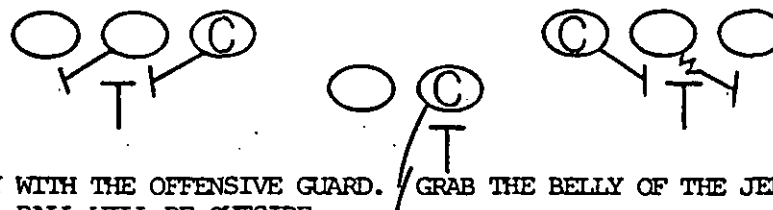
B. HOOK BLOCK

MOVE INTO THE BLOCKER'S HEAD WITH INSIDE SHOULDER AND FOREARM. WORK THROUGH HIS HEAD. LOOK BACK INSIDE AND SEE ACTION. KEEP SQUARE AND YOUR OUTSIDE HIP CLEAN. GET RID OF HIM AS YOU WORK WIDE AT THE LINE OF SCRIMMAGE. KEEP FEET MOVING. LOCATE THE BALL AND MAKE THE PLAY.



C. TURN BLOCK

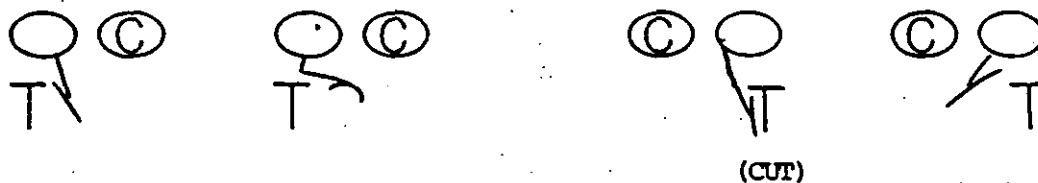
THE START OF THIS BLOCK LOOKS LIKE THE HOOK OR SLIP BLOCK. YOU WILL GET A KEY BECAUSE HIS HEAD WILL BE GOING DOWN THE LINE ALITTLE MORE. USE HANDS AND START TO WORK OUT. READ PLAY FROM THE INSIDE OUT. YOU MUST RECOGNIZE QUICKLY AND WORK BACK TO THE CENTER AS QUICKLY AS POSSIBLE. KEEP INSIDE HOLE SMALL. LOCATE THE BALL AND MAKE THE PLAY.



ON SLIP: STAY WITH THE OFFENSIVE GUARD. GRAB THE BELLY OF THE JERSEY TO KEEP HIM OFF MIKE. BALL WILL BE OUTSIDE.

D. POSITION BLOCK

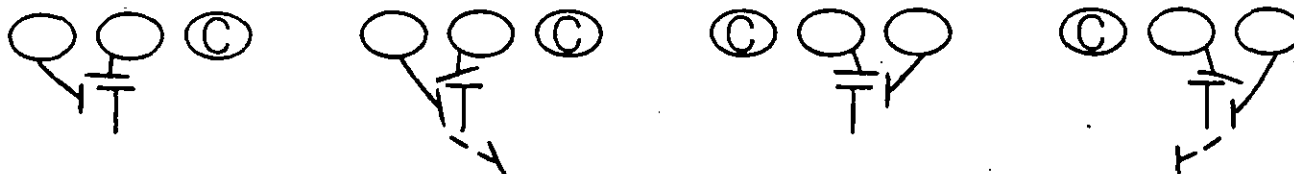
TO CUT YOU OFF FROM THE INSIDE OR PLAYS AWAY. 4-3 - GET A PIECE OF THE OFFENSIVE GUARD WITH HANDS AND BE IN POSITION TO REACT TO THE PLAY. LOCATE THE BALL AND MAKE THE PLAY. OVER/UNDER TACKLE - USE YOUR HANDS TO MAINTAIN YOUR POSITION. REACT TO "WALL OFF".



TACKLE KEYS cont.

E. DOUBLE TEAM

CHECK OFFENSIVE LINE SPLITS FOR TIP. GOOD HIT ON POST MAN. DESTROY HIS BLOCK. YOU WILL FEEL THE PRESSURE OF THE DRIVE BLOCKER. DRIVE HARD THROUGH HIS HEAD AND TRY TO SPLIT THE BLOCKER. KEEP FEET MOVING AND MAKE A PILE. PREVENT ANY MOVEMENT. DROP TO YOU KNEES AS A LAST RESORT. STAY ON OUTSIDE SHOULDER OF THE OFFENSIVE GUARD ON TAG BLOCK. YOU WILL BE IN A GOOD POSITION IF THE OFFENSIVE TACKLE COMES OFF ON MIKE. NEVER SPIN AT THE POINT OF ATTACK.



II. A. DOWN BLOCK BY GUARD

BE ALERT FOR LINE SPLITS (4-3 TACKLE). SHOVE OFFENSIVE GUARD AND CLOSE FOR TRAP. BE ALERT FOR LOG. NOTE: OFFENSIVE GUARD GOES INSIDE IS ON TRAP. OVER/UNDER TACKLE - WHEN THE OFFENSIVE GUARD RELEASES INSIDE, SHOVE AND CLOSE FOR TRAP. IF YOU GET PRESSURE FROM THE OFFENSIVE TACKLE, DRIVE HARD OFF YOUR INSIDE FOOT AND WORK THROUGH HIS HEAD AND NECK. STAY SQUARE AND KEEP OUTSIDE HOLE SMALL. LOCATE THE BALL AND MAKE THE PLAY.

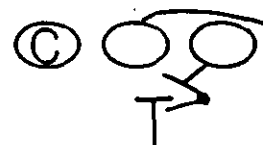


III. A. GUARD PULLS TO OUTSIDE

TAKE ONE STEP WITH HIM AND LOOK INSIDE AND SEE ACTION.

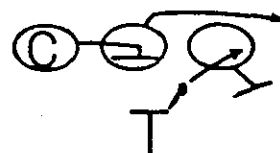
1. TACKLE BLOCK DOWN

YOU WILL GET PRESSURE FROM THE OFFENSIVE TACKLE RIGHT NOW. PLANT AND DRIVE HARD OFF THE INSIDE FOOT. WORK THROUGH THE OFFENSIVE TACKLE AND KEEP THE OUTSIDE HOLE SMALL. LOCATE THE BALL AND MAKE THE PLAY.



2. NO PRESSURE

BE ALERT FOR REACH BLOCK BY THE CENTER. KEEP YOUR FEET CLEAN AND GET OUTSIDE. BE ALERT FOR CUTBACK. LOCATE THE BALL AND MAKE THE PLAY.



TACKLE KEYS cont.

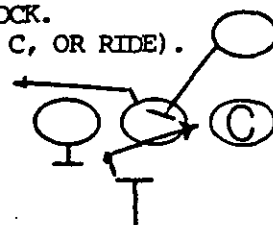
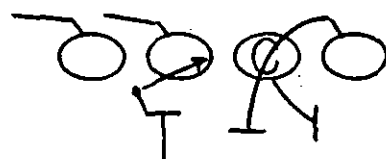
3. NO PRESSURE OR REACH

BE READY TO CLOSE FOR TRAP. THE OFFENSIVE GUARD MAY SET FOR PASS OR DROP STRAIGHT BACK. READ INSIDE AND BE READY TO CLOSE INSIDE HOLE. LOCATE THE BALL AND MAKE THE PLAY. ("CLUB BLOCKING")



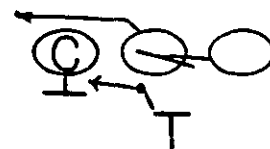
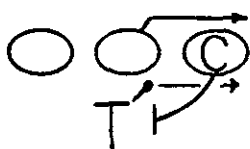
NOTE: NO OFFENSIVE TACKLE PRESSURE - REACH BLOCK OR TRAP BLOCK.

HOLD - CHECK INSIDE AND REACT TO THE BALL (EXPRESS, C, OR RIDE).



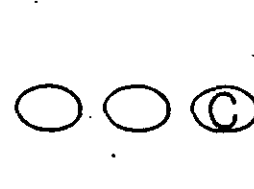
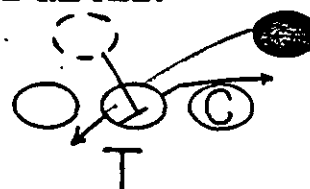
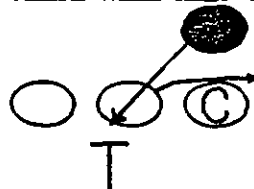
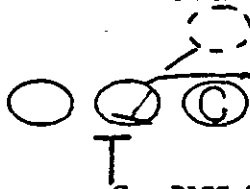
IV. A. GUARD PULLS TO CENTER

TAKE A STEP AND LOOK IN BACKFIELD. THIS STEP WILL PUT YOU IN POSITION FOR CENTER BLOCK. DRIVE HARD INTO THE CENTER AND STAY SQUARE. CLOSE HOLE AND BE ALERT FOR CENTER POSITIONING. OVER/UNDER TACKLE - FOLLOW IN RUNNING LANE AND BEAT CENTER'S BLOCK WITH PENETRATION. LOCATE THE BALL AND MAKE THE PLAY.



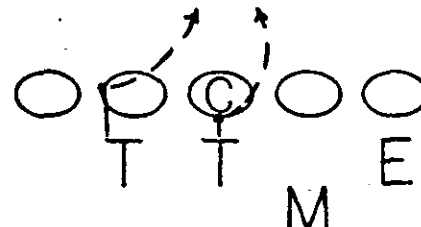
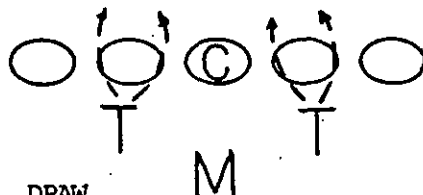
B. GUARD PULL TO CENTER

YOU MAY GET THE FULLBACK IN YOUR FACE ON "P" ACTION OR SUCKER PLAY. GOOD VISION AND BEING ALERT WILL HELP YOU MAKE THE PLAY.



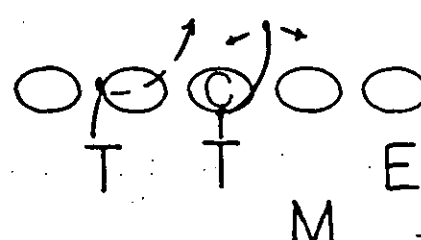
C. PASS SET

RUSH THE PASSER AND BREAK POCKET.



D. DRAW

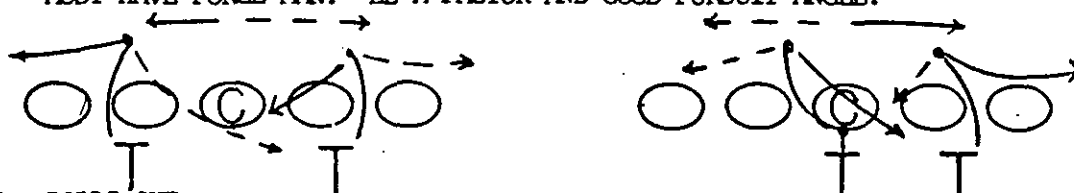
KEEP YOUR LANE TIGHT AND BE A FACTOR BY REACTING.



TACKLE KEYS cont.

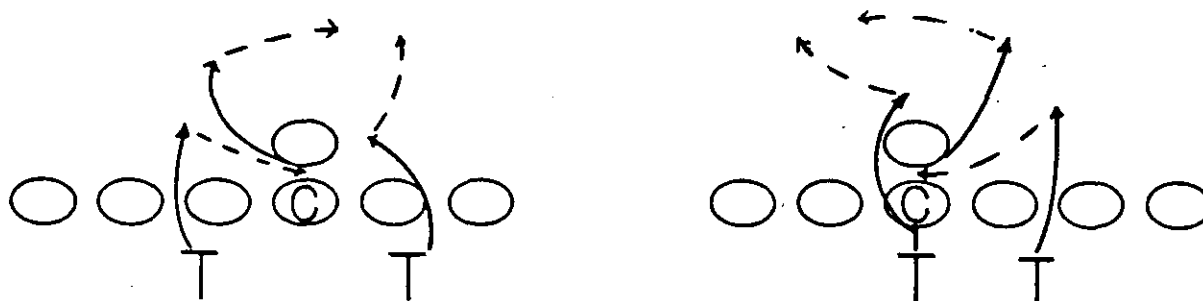
E. SCREEN

MUST HAVE FORCE MAN. BE A FACTOR AND GOOD PURSUIT ANGLE.



F. ROLLS OUT

BE APEX OF TRIANGLE. GET IN THE QUARTERBACK'S FACE. TACKLE AWAY - FILL IN WHERE WE NEED IT. BE READY TO CONTAIN IF THE QUARTERBACK COMES BACK.



TWO-GAP TECHNIQUE

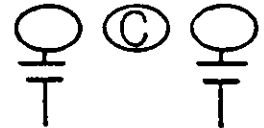
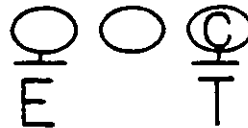
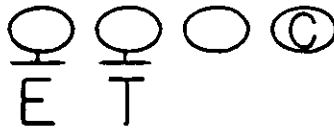
ALIGNMENT: HEAD UP (TWO GAP).

END: WHEN ON TIGHT END, NEAR END, OR OFFENSIVE TACKLE.

TACKLE: WHEN ON CENTER, OFFENSIVE GUARD, OR OFFENSIVE TACKLE.

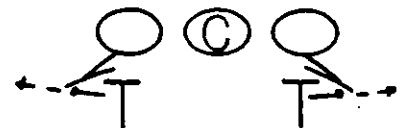
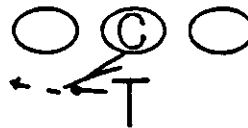
A. STRAIGHT BLOCK

STEP INTO THE BLOCKER AT THE LINE OF SCRIMMAGE. STRIKE A BLOW WITH THE HAND SHIVER ON HIS UPPER ARM JUST UNDER THE BLOCKER'S PADS. GRAB A HAND FULL OF JERSEY. DRIVE HIM BACK, STAYING SQUARE. KEEP PRESSURE ON HIM UNTIL YOU ARE READY TO MAKE YOUR MOVE. BE READY FOR THE PLAY IN OR OUT. LOCATE THE BALL AND MAKE THE PLAY. COACHING POINT: GOOD HEAD BUTT IS HELPFUL IN GAINING CONTROL AT THE LINE OF SCRIMMAGE.



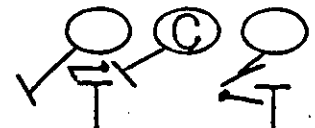
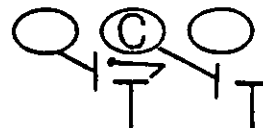
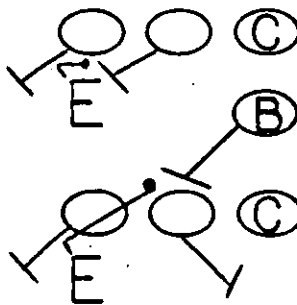
B. HOOK BLOCK

MOVE WITH THE BLOCKER'S HEAD. TAKE ONE STEP, LOOK INSIDE AND SEE THE ACTION. GAIN CONTROL AND WORK IN THAT DIRECTION. KEEP GOOD POSITION ON HIM AS YOU READ THE PLAY. BE READY TO REACT OUT OR IN. LOCATE THE BALL AND MAKE THE PLAY.



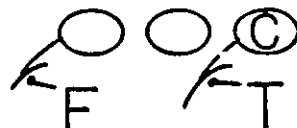
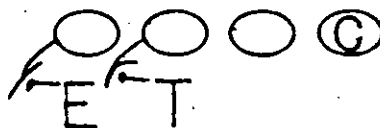
C. TURN BLOCK OR SLIP BLOCK

START IN THAT DIRECTION BUT BE READY TO REACT BACK QUICKLY. GOOD VISION IS VERY IMPORTANT. TAKE THE BLOCKER ON AND KEEP THE HOLE SMALL. LOCATE THE BALL AND MAKE THE PLAY.



D. POSITION BLOCK

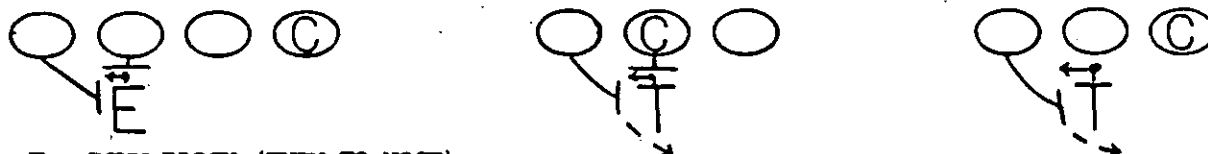
STAY SQUARE AND DO NOT BE FINESSED. MAINTAIN ALIGNMENT. LOCATE THE BALL AND MAKE THE PLAY. YOU MUST WORK ACROSS THE FACE TO THE INSIDE OF THE BLOCKER.



TWO-GAP TECHNIQUE cont.

E. DOUBLE TEAM

BE ALERT FOR LINE SPLITS. BEAT POST BLOCKER (WITH HEAD BUTT, IF NECESSARY). THIS IS IMPORTANT BECAUSE OF THE LEAD BLOCKER ANGLE. USE DOUBLE TEAM TECHNIQUE.



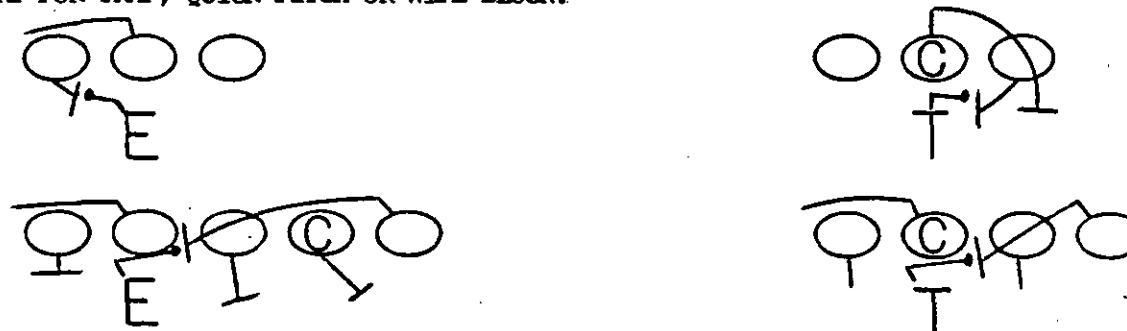
F. DOWN BLOCK (TURN TO NOSE)

TAKE AWAY BLOCKER'S INSIDE RELEASE. REACT TO PRESSURE AND PLAY THROUGH BLOCKER'S HEAD. LOCATE THE BALL AND MAKE THE PLAY.



G. YOUR MAN PULLS TO THE OUTSIDE

TAKE ONE STEP WITH HIM. LOOK INSIDE AND SEE ACTION. NO DOWN BLOCK. BE ALERT FOR TRAP, QUICK PITCH OR WIPE BLOCK.

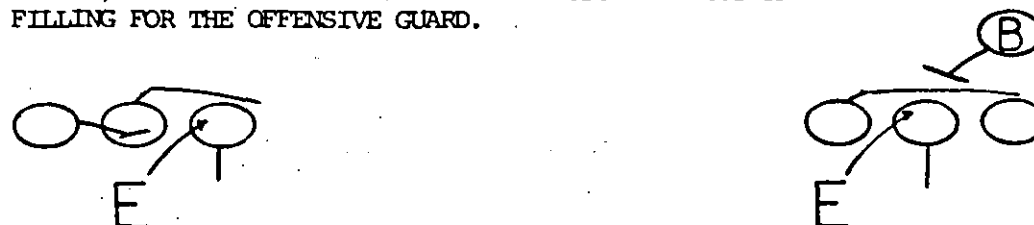


H. YOUR MAN PULLS TOWARD CENTER

TAKE STEP AND LOOK IN BACKFIELD. THIS STEP WILL PUT YOU IN POSITION FOR TAKE BLOCK. KEEP INSIDE HOLE SMALL.



NO PRESSURE, FOLLOW YOUR MAN DOWN THE LINE AND BEAT CUT-OFF BLOCK. BE ALERT FOR BACK FILLING FOR THE OFFENSIVE GUARD.



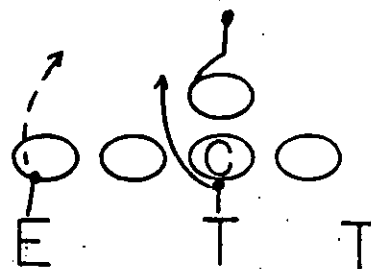
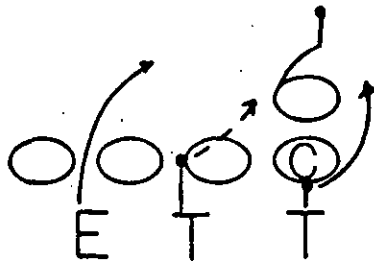
TWO-GAP TECHNIQUE cont.

I. PASS SET

END - KEEP GOOD ANGLE TO THE PASSER. HEAD BUTT WILL HELP AND THEN ARM OVER QUICKLY.

NOSE TACKLE - DRIVE INTO CENTER AND GET DEPTH. WORK BACK TO YOUR CENTER/OFFENSIVE GUARD LANE.

OVER 4-3 TACKLE - CAN USE INSIDE/OUTSIDE RUSH BUT YOU MUST STAY IN YOUR LANE.



J. DRAW
GOOD VISION. KEEP LANES TIGHT.

K. SCREEN
FORCE AND BE A FACTOR.

L. CONTAIN
REVERSE AND QUARTERBACK KEEP.

END: IF TWO-GAP ON OFFENSIVE TACKLE - THE LINEBACKER HAS REVERSE AND QUARTERBACK KEEP.

NOTE: IF TWO-GAP ON TIGHT END OR NEAR END - YOU HAVE REVERSE AND QUARTERBACK KEEP.

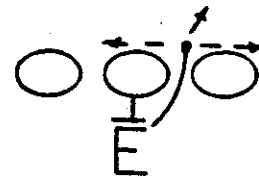
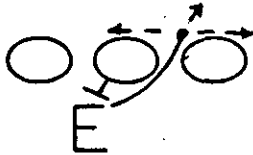
RAM CHARGE

RAM CHARGE - BY THE DEFENSIVE END. 4-5 HOLE - BREAK POCKET. DEFENSIVE CHARGE TO THE OFFENSIVE TACKLE - OFFENSIVE GUARD GAP. QUICK RIP-UP ACTION WITH THE OUTSIDE ARM AND SHOULDER THEN CROSSING OVER WITH OUTSIDE LEG PENETRATING UP THROUGH THE INSIDE OF THE LINEMAN INTO THE INSIDE GAP AND THE RUNNING LANE. THE DEPTH OF YOUR CHARGE WILL BE DETERMINED BY THE BALL. READ THE OFFENSIVE GUARD.

NOTE: ELEMENT OF SURPRISE IS OUR ONLY ADVANTAGE. DO NOT GIVE UP THAT ADVANTAGE BY TIPPING YOUR CHARGE.

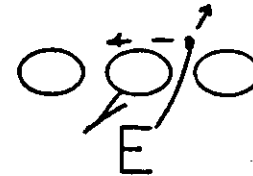
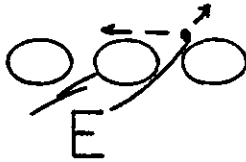
A. STRAIGHT BLOCK

GET THE JUMP ON THE OFFENSIVE TACKLE BY MOVING QUICKLY. DRIVE THROUGH HIS HEAD AND REACT TO THE PLAY.



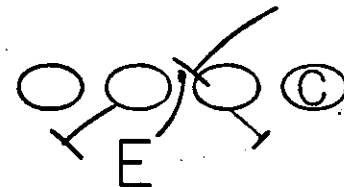
B. HOOK BLOCK

GOOD QUICK STEP SHOULD GIVE YOU A CLEAN SHOT TO THE GAP. REACT TO THE PLAY WHICH SHOULD BE TO YOUR OUTSIDE. GET BACK INTO IT BY PLANTING AND DRIVING OFF YOUR INSIDE FOOT. LOCATE THE BALL AND MAKE THE PLAY.



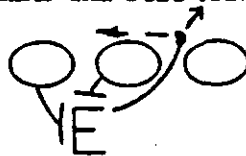
C. TURN BLOCK

GUARD SHOULD BE THE KEY. IF HE IS TURNING OUT, DRIVE THROUGH HIS OUTSIDE SHOULDER. KEEP THE INSIDE HOLE SMALL AND BE READY FOR THE BOUNCE OUT. IF THE GUARD BLOCK DOWN, BE READY TO TAKE ON THE BACK. DESTROY HIS BLOCK. LOCATE THE BALL AND MAKE THE PLAY.



D. DOUBLE TEAM

BEAT THE POST MAN AND PENETRATE. REACT TO THE BALL.



E. DOWN BLOCK

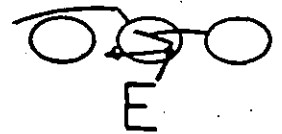
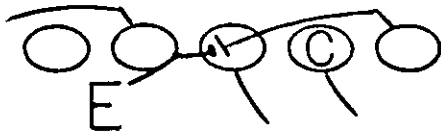
RIP THROUGH THE HEAD OF THE OFFENSIVE TACKLE WITH THE OUTSIDE ARM. PENETRATE AND DRIVE HARD TO STAY IN YOUR LANE AND KNOCK OFF ALL PULLING LINEMEN. REACT TO THE BALL.



RAM CHARGE cont.

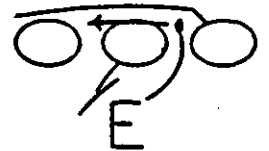
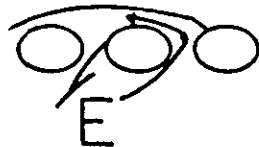
F. TACKLE PULLS TO OUTSIDE

PENETRATE AND REAP GUARD. IF HE BLOCKS DOWN, LOOK FOR TRAP. KNOCK HIM OFF ON OUTSIDE RELEASE. BE ALERT FOR HIM CUTTING YOU OFF. LOCATE THE BALL.



G. GUARD PULLS TO OUTSIDE

BEAT THE TACKLE'S BLOCK. WITH QUICK PENETRATION, PLANT YOUR INSIDE FOOT AND GET BACK TO THE OUTSIDE. LOCATE THE BALL.



H. TACKLE AND GUARD PULL TO THE OUTSIDE

PENETRATE QUICKLY INSIDE AND KNOCK OFF THE PULLING GUARD. CHECK INSIDE FIRST, THEN REACT TO THE PLAY.



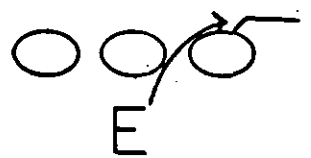
I. TACKLE PULLS TOWARD THE CENTER

QUICK PENETRATION. KEY GUARD. TOUGH CLOSE ON "TAKE BLOCK". LOCATE THE BALL.



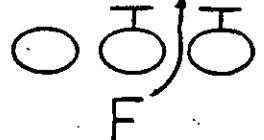
J. GUARD PULLS TOWARD THE CENTER

QUICK PENETRATION. FOLLOW THE GUARD IN THE RUNNING LANE. BEAT TACKLE'S CUTOFF. LOCATE THE BALL.



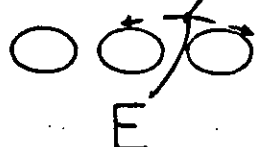
K. PASS

QUICK PENETRATION. TAKE ON GUARD AND BREAK POCKET. (BECOMES ME GAME.)



L. DRAW

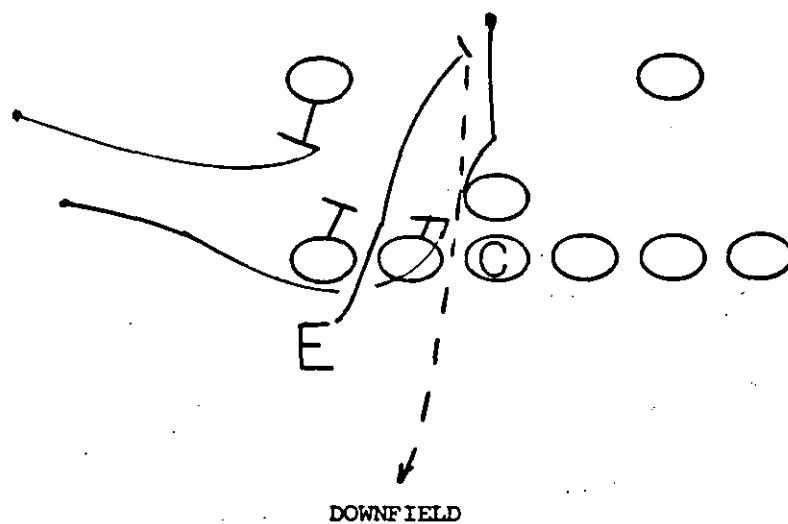
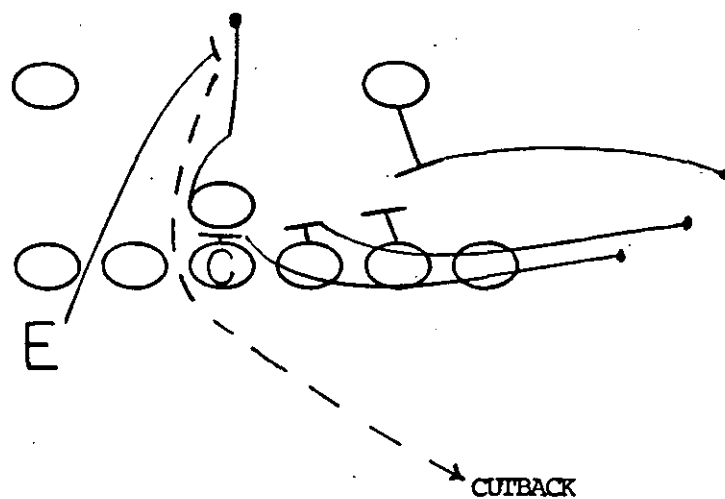
QUICK PENETRATION. GOOD VISION. KEEP DRAW LANE TIGHT.



RAM CHARGE cont.

M. SCREEN

QUICK PENETRATION. FORCE THE THROW AND REACT TO SCREEN. GOOD PURSUIT ANGLE..



CROSSED HANDS

CROSSED HANDS CHARGE BY DEFENSIVE TACKLES. 4-5 AND 2-3 HOLES. BREAK THE POCKET.

DEFENSIVE CHARGE TO THE OFFENSIVE TACKLE/OFFENSIVE GUARD GAP OR THE CENTER/OFFENSIVE GUARD GAP. MOVE WITH THE BALL AND TAKE A QUICK LATERAL STEP TO YOUR GAP. KEEP YOUR OUTSIDE (INSIDE) SHOULDER LOW AND BE READY TO DRIVE YOUR INSIDE (OUTSIDE) ARM UP AND UNDER THE HEAD OF THE BLOCKER. STAY AS SQUARE AS POSSIBLE AND PENETRATE THE RUNNING LANE. THE DEPTH OF YOUR CHARGE WILL BE DETERMINED BY THE BALL. READ THE OFFENSIVE TACKLE OR CENTER. LOCATE THE BALL AND MAKE THE PLAY.

COACHING POINT: THIS IS A COORDINATED CHARGE BY BOTH TACKLES. YOU MUST NOT BE CUT OFF AT THE LINE OF SCRIMMAGE. THIS SAME TECHNIQUE WILL BE USED ON SLANTS, EVEN CALLS AND GAMES WITH THE LINEBACKERS. THE NOSE MAN WILL USE IT, GOING BACK TO THE CENTER/OFFENSIVE GUARD GAP (REX).

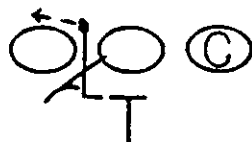
A. STRAIGHT BLOCK

MOVE QUICKLY TO THE OFFENSIVE TACKLE/OFFENSIVE GUARD GAP AS YOU KEY THE OFFENSIVE TACKLE. KEEP YOUR INSIDE SHOULDER LOW AND BE READY TO DRIVE YOUR INSIDE ARM UP AND UNDER THE OFFENSIVE GUARD. STAY AS SQUARE AS POSSIBLE AND PENETRATE THE RUNNING LANE. ANY PLAYS TO YOUR SIDE, GET DEPTH AND FORCE SPILLAGE. IF THE OFFENSIVE GUARD IS DRIVING YOU UPFIELD, FIGHT PRESSURE AND KEEP THE INSIDE HOLE SMALL. REACT TO THE PLAY AND BE A FACTOR. BALL AWAY - BE ALERT FOR CUTBACK. CENTER/OFFENSIVE GUARD GAP - MOVE QUICKLY AND KEY THE CENTER AS YOU DRIVE THE GAP. YOU HAVE GOOD OPPORTUNITY TO GET TO THE QUARTERBACK. KEEP YOUR OUTSIDE SHOULDER LOW AND DRIVE YOUR OUTSIDE ARM UP AND UNDER THE OFFENSIVE GUARD. STAY AS SQUARE AS POSSIBLE AND PENETRATE. BEAT THE CUTOFF. ANY PLAYS BEHIND YOU - KEEP THE OUTSIDE HOLE SMALL. REACT TO THE PLAY AND BE A FACTOR.



B. HOOK BLOCK

OFFENSIVE TACKLE/OFFENSIVE GUARD GAP - DRIVE HARD UP AND UNDER THE OFFENSIVE GUARD. PENETRATE AND FORCE SPILLAGE. REACT TO THE PLAY. CENTER/OFFENSIVE GUARD GAP - GOOD CHANCE TO COME CLEAN. PENETRATE AND REACT TO PLAY.



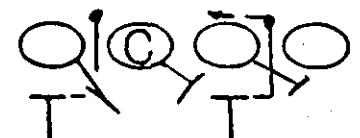
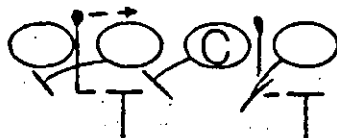
C. POSITION OR CUTOFF

OFFENSIVE TACKLE/OFFENSIVE GUARD GAP - GET TO YOUR POINT AND REACT FROM THERE. CENTER/OFFENSIVE GUARD GAP - MUST PENETRATE GAP AND REACT TO PLAY.



D. TURN BLOCK TO

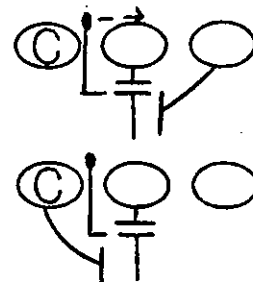
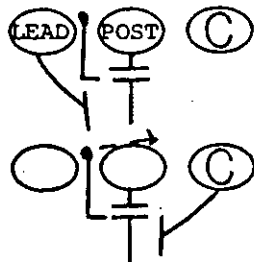
OFFENSIVE TACKLE/OFFENSIVE GUARD GAP. PLAY LIKE HOOK, THEN FIGHT PRESSURE AND KEEP INSIDE HOLE AS SMALL AS POSSIBLE. TURN BLOCK AWAY - COME TO YOUR POINT AND REACT TO PLAY. CENTER/OFFENSIVE GUARD GAP. TURN BLOCK TO - DRIVE CENTER BACK INTO PLAY. KEEP HOLE SMALL. TURN BLOCK AWAY COULD PUT YOU IN THE WAY.



CROSSED HANDS cont.

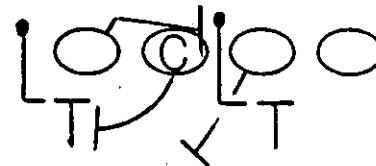
E. DOUBLE TEAM

OFFENSIVE TACKLE/OFFENSIVE GUARD GAP - DRIVE HARD THROUGH HEAD AND NECK OF THE LEAD BLOCKER. KNOCK HIM BACK AND SPLIT OFFENSIVE TACKLE. CENTER/OFFENSIVE GUARD GAP - BEAT POST MAN. PENETRATE AND FORCE SPILLAGE.



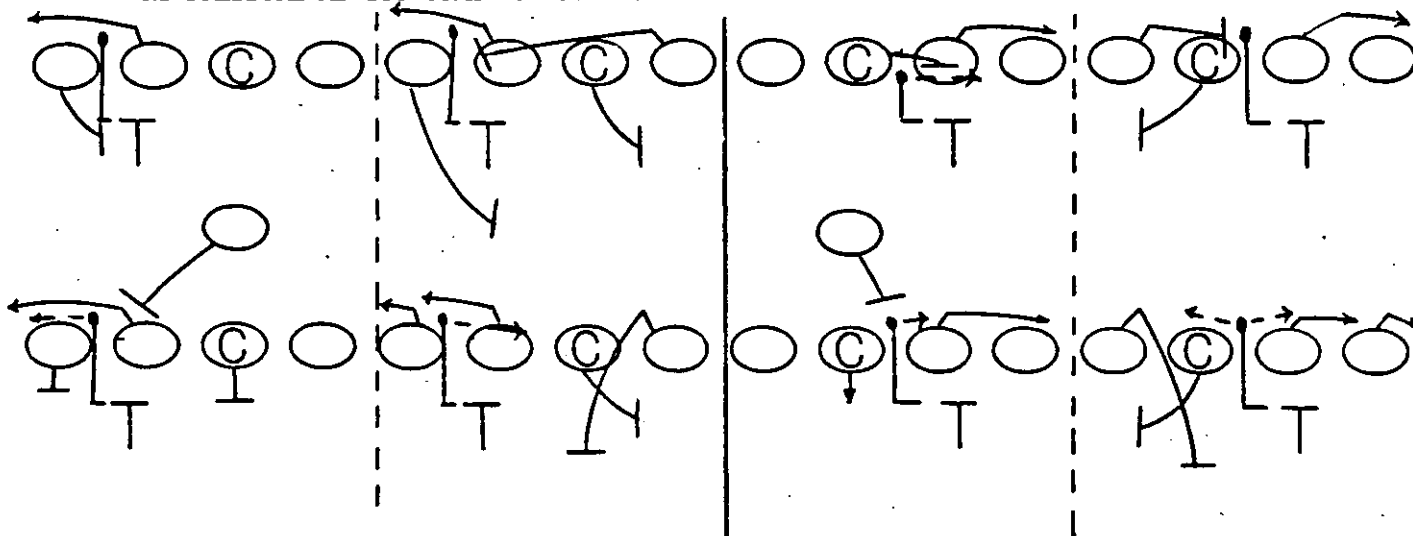
F. DOWN BLOCK

OFFENSIVE TACKLE/OFFENSIVE GUARD GAP - DRIVE THROUGH OFFENSIVE TACKLE, KEEPING OUTSIDE HOLE SMALL. REACT TO THE PLAY. CENTER/OFFENSIVE GUARD GAP - DRIVE THROUGH HEAD OF OFFENSIVE GUARD AND PENETRATE TO BE ALERT FOR THE TRAP. CENTER WILL TELL YOU. KEEP MIKE CLEAN.



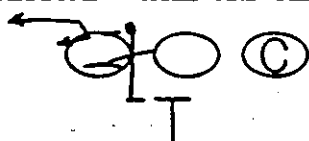
G. ON-SIDE GUARD PULLS

OFFENSIVE TACKLE/OFFENSIVE GUARD GAP - PLAY DOWN BLOCK. NO PRESSURE - HOLD. READ INSIDE CLOSE FOR TRAP. NO TRAP - BE REACH FOR FULLBACK. ON-SIDE SERIES - REACT TO THE PLAY. CENTER/OFFENSIVE GUARD GAP - BE READY FOR REACH BLOCK. NO REACK - LOOK FOR TRAP. NO TRAP - LOOK FOR FULLBACK. NOTE: ANY TIME THERE IS NO PRESSURE AS YOU COME TO YOUR POINT - HOLD AND REACT TO THE PLAY.



H. ON-SIDE TACKLE PULLS

OFFENSIVE TACKLE/OFFENSIVE GUARD GAP - PENETRATE TO RUNNING LANE. THE OFFENSIVE GUARD WILL TRY TO HOOK. MAINTAIN YOUR OUTSIDE POSITION. REACT TO THE PLAY. NO PRESSURE - HOLD AND REACT TO THE PLAY.



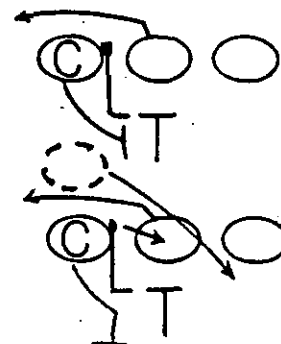
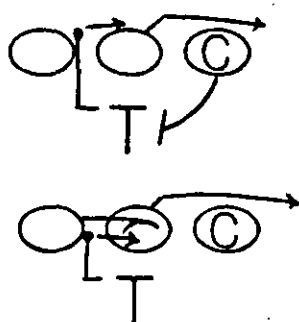
CROSSED HANDS cont.

I. ON-SIDE GUARD AND TACKLE PULLS

OFFENSIVE TACKLE/OFFENSIVE GUARD GAP - NO PRESSURE, PLAY 4-3 KEYS AS YOU PENETRATE TO THE RUNNING LANE. CENTER/OFFENSIVE GUARD GAP - PLAY SAME AS ONGUARD PULL.

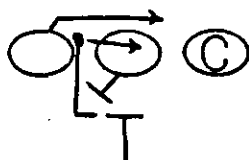
J. GUARD PULLS TOWARD THE CENTER

OFFENSIVE TACKLE/OFFENSIVE GUARD GAP - BE ALERT FOR OFFENSIVE TACKLE CUTOFF. REACT TO THE PLAY. CENTER/OFFENSIVE GUARD GAP - DRIVE THROUGH HEAD AND NECK OF CENTER. KEEP HOLE SMALL AND REACT TO THE PLAY. COACHING POINT: BE READY FOR SUCKER FOR FULLBACK BLOCK.



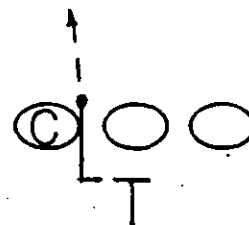
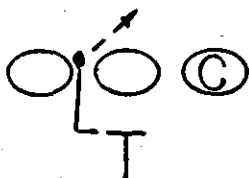
K. TACKLE PULL TOWARD CENTER

OFFENSIVE TACKLE/OFFENSIVE GUARD - PLAY PRESSURE OF OFFENSIVE GUARD BLOCK. REACT TO PLAY. DO NOT BE DRIVEN UPFIELD.



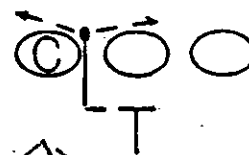
L. PASS SET

STAY IN YOUR LANE. BREAK POCKET.



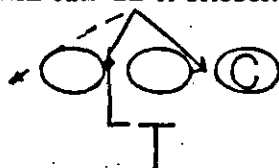
M. DRAW

KEEP LANES TIGHT AND REACT.



N. SCREEN

FORCE AND BE A FACTOR.



LOOSE KEY FOR DEFENSIVE END (UNDER LOOSE DEFENSE)

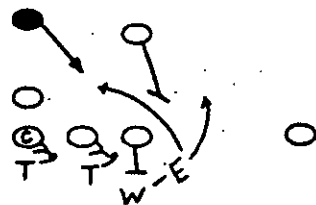
ALIGNMENT: 1½ YARDS OUTSIDE OFFENSIVE TACKLE, TURN SLIGHTLY IN. IF NEAR END IS PRESENT, LINE UP HEAD ON (TWO-GAP)

KEYS: OFFENSIVE TACKLE/OFFENSIVE GUARD AND NEAR BACK. RESPONSIBILITY: NO ONSIDE PULL CLOSE TO RUNNING LANE. SHALLOW - PULL CLOSE. REACH OR TURN OUT BY OT UPFIELD CONTAIN. ONSIDE PULL - UPFIELD CONTAIN. BALL AWAY - PURSUE ALONG PROPER ANGLE, CHECK REVERSE. CHECK QUARTERBACK FOR HAND OFF. YOU HAVE BOOT AND REVERSE. BE IN A POSITION TO MAKE THE PLAY. CONTAIN. NO OUTSIDE PLAY - BE IN A POSITION TO TAKE VEER CUTBACK. PASS, RUSH, AND CONTAIN.

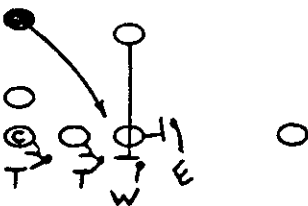
COACHING POINT: NO ONSIDE PULL AND OFF GUARD PULLS DEEP - MEET NEAR BACK HEAD UP TO INSIDE. YOU DO NOT HAVE CONTAIN. NOTE: NEAR PRESENT - TWO-GAP. 6-7 and 8-9 HOLES.

LOOSE KEY FOR OVER/UNDER TACKLE: SAME AS OVER. YOU ARE ON OUTSIDE SHOULDER OF OFFENSIVE GUARD AND CAN NEVER BE HOOKED.

1. 19 ST
(GAP BLOCK)



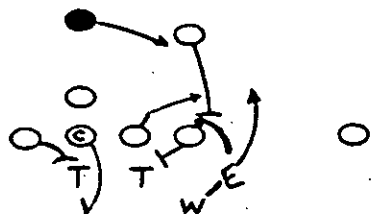
2. 19 ST



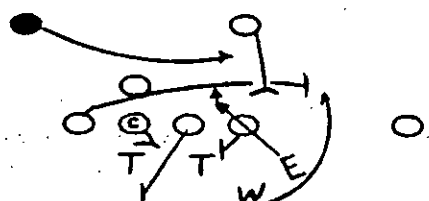
3. 19 ST
(X BLOCK)



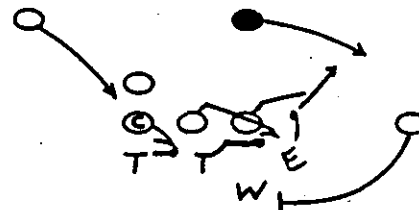
4. 19
(SWEEP)



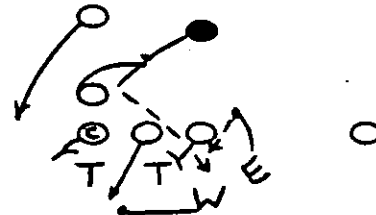
5. 37 SPECIAL



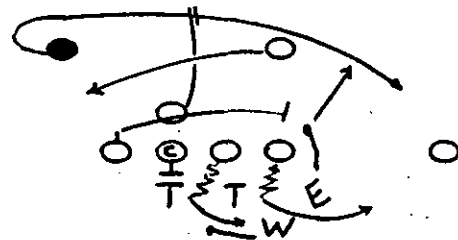
6. T 29 T PULL
(CB)



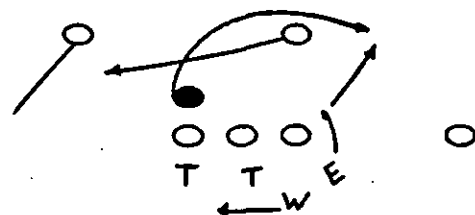
7. R 34
(VEER)



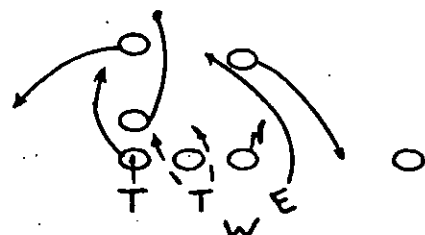
8. FB STATUE RIGHT



9. 338 BOOT RIGHT



10. PASS



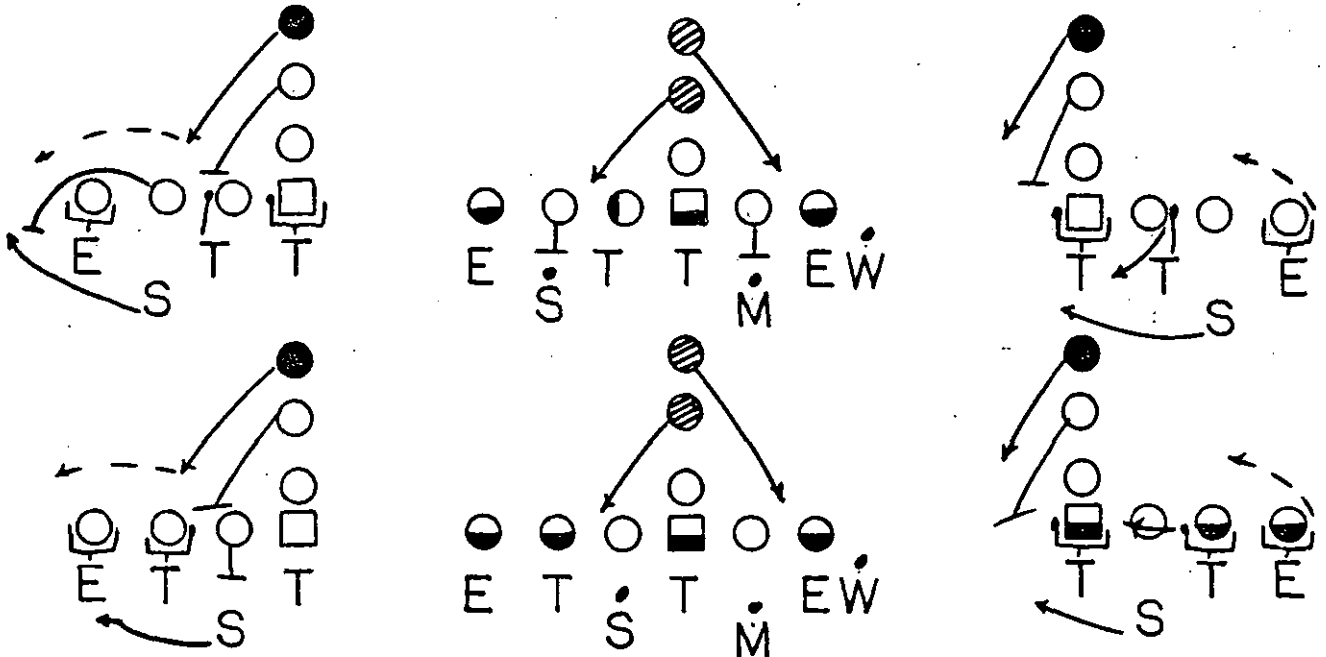
LOOSE KEYS FOR DEFENSIVE END

ALIGNMENT: HEAD UP END - TWO-GAP RESPONSIBILITY.

6-7 and 8-9 HOLE. YOU HAVE CONTAIN, REVERSE, AND QUARTERBACK KEEP. KEY IS THE END. HIT AND CONTROL HIM AT THE LINE OF SCRIMMAGE. KEEP IN MIND YOU ARE NOT THE SUPPORT MAN.

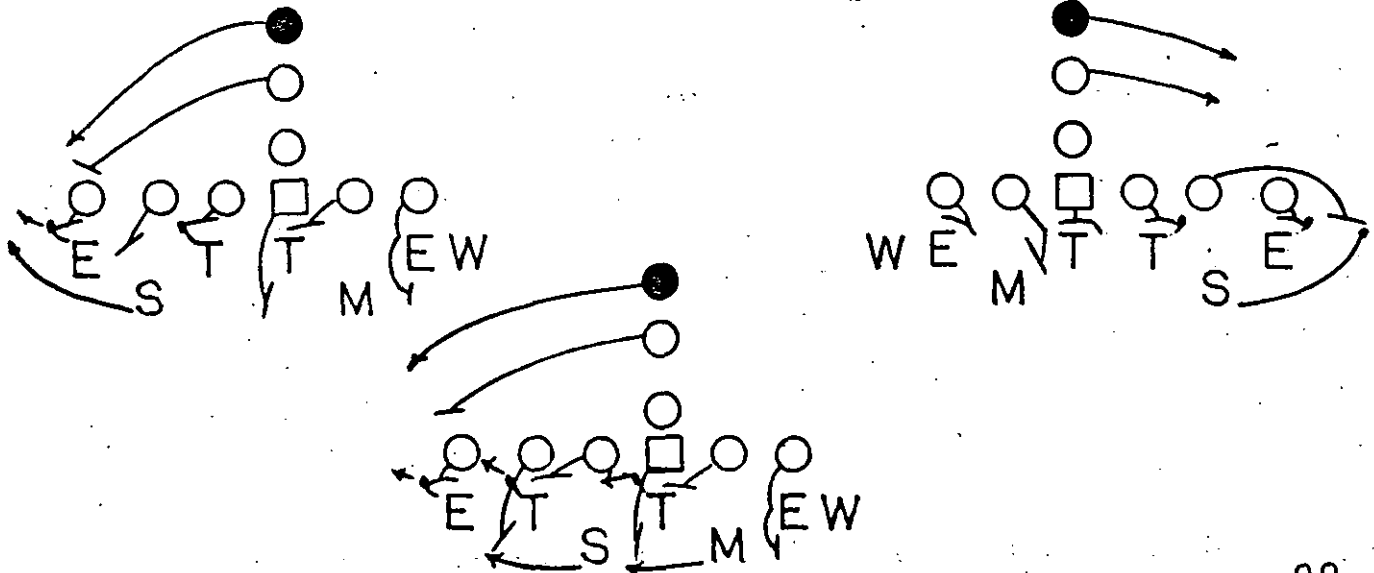
A. STRAIGHT BLOCK

CONTROL AT THE LINE OF SCRIMMAGE. IF THE BALL AND BACKS ARE TO YOU, STAY WITH HIM UNTIL YOU ARE READY TO MAKE YOUR MOVE IN OR OUT. BE SURE THE BALL AND BACKS ARE INSIDE BEFORE YOU COMMIT TO THE INSIDE. LOCATE THE BALL AND MAKE THE PLAY. COACHING POINT: BE IN A POSITION FOR BOUNCE OUT.



B. HOOK BLOCK

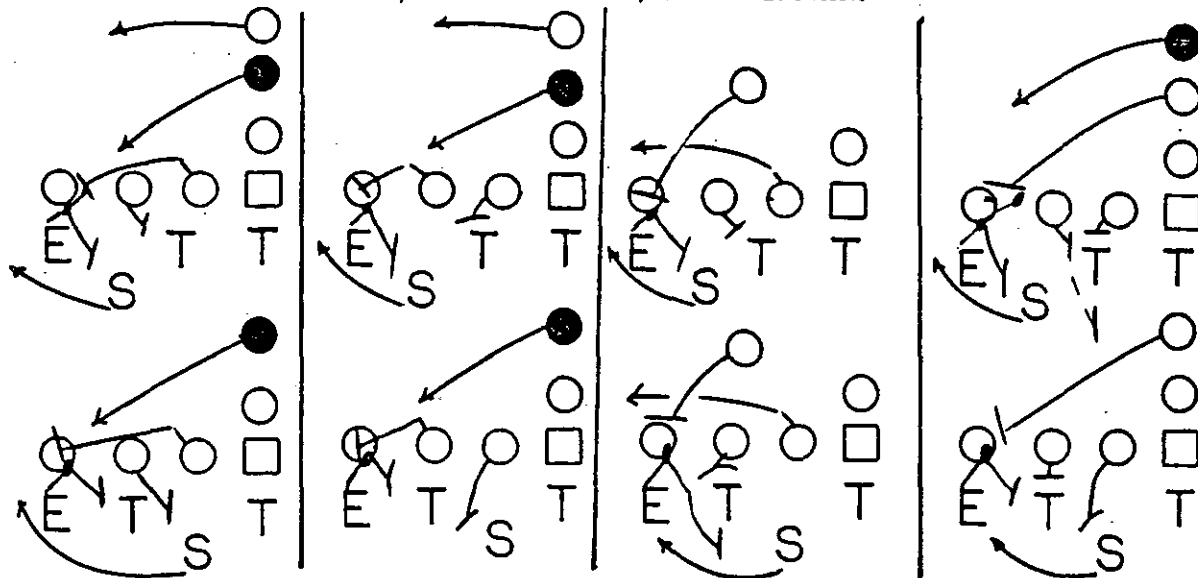
USE THE HOOK TECHNIQUE AND WORK DOWN THE LINE OF SCRIMMAGE. THE SAFETY HAS THE OUTSIDE SUPPORT. YOU HAVE CUT BACK (TWO-GAP). STAY WITH HIM UNTIL YOU ARE READY TO MAKE YOUR MOVE OUT OR IN. BE ALERT FOR QUICK CUT BLOCK.



LOOSE KEYS FOR DEFENSIVE END cont.

C. DOWN BLOCK

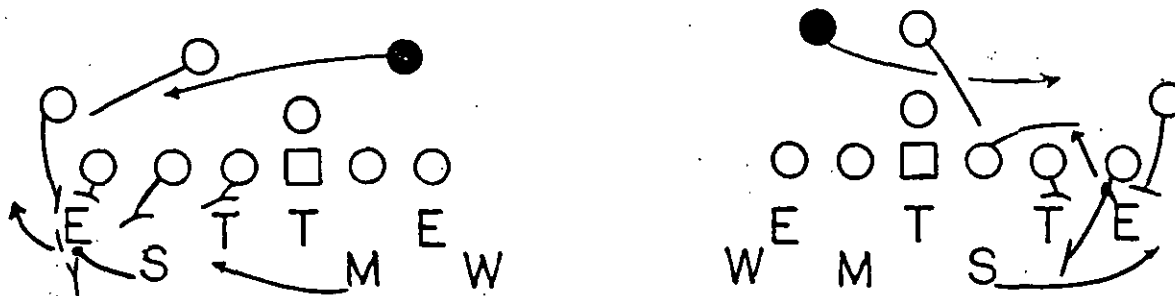
GET A BIG PIECE OF THE END. KEEP HIM OFF SAM. CLOSE AND BE READY FOR THE OFFENSIVE TACKLE/OFFENSIVE GUARD, AND NEAR BACK.



COACHING POINT: MUST DELAY INSIDE RELEASE.

D. CLOSE WING

PLAY DOWN BLOCK OR DOUBLE TEAM TECHNIQUE.



LINEBACKERS - INDIVIDUAL

OUR WORK ON FUNDAMENTALS IS A VERY VITAL ONE. YOUR ABILITY TO MASTER THESE FUNDAMENTALS NOT ONLY EFFECT YOUR PLAY, BUT THE PLAY OF OUR WHOLE DEFENSE. "WORLD CHAMPIONS" MASTER THE FUNDAMENTALS EARLY. THE SOONER THEY BECOME AN AUTOMATIC PART OF YOUR TECHNIQUE, THE SOONER YOU CAN PLAY AT 100 PERCENT OF YOUR ABILITY.

THE TOTAL SUCCESS OF OUR DEFENSE DEPENDS LARGELY ON HOW EFFECTIVE YOU CARRY OUT YOUR RESPONSIBILITIES. YOU MUST MAKE A SPLIT-SECOND DECISION TO DETERMINE A RUN OR PASS. THE DOWN AND DISTANCE WILL HELP YOU ANTICIPATE, BUT YOUR KEY OR KEYS WILL BE THE DETERMINING FACTOR. ON A RUN - YOU MUST CONTROL THE BLOCKER, FIND THE BALL, AND REACT TO THE BALL IN MUCH THE SAME MANNER AS A DEFENSIVE LINEMAN. ON A PASS - YOU MUST REACT WITH QUICKNESS AND SPEED IN YOUR COVERAGE RESPONSIBILITY IN MUCH THE SAME MANNER AS A DEFENSIVE BACK. WE WILL DRILL ON BOTH OF THESE IN AN EFFORT TO COORDINATE YOUR ACTIONS WITH BOTH OUR LINE AND BACKS. YOU MUST STRIVE TO IMPROVE YOURSELF. "A PLAYER PLAYS THE WAY HE PRACTICES". EACH PRACTICE SHOULD BE A CHALLENGE FOR INDIVIDUAL IMPROVEMENTS IN SOME AREA OF DEFENSIVE TECHNIQUE. WE WANT YOU TO BE KNOWLEDGEABLE AND TO RECOGNIZE AREAS WHERE YOU NEED WORK. SELF-IMPROVEMENT IS ONLY POSSIBLE WHEN YOU ACCEPT THE FACT THAT THERE IS A NEED FOR IT. WE WANT YOU TO BE WILLING TO SPEND EXTRA TIME ON YOUR WEAKNESSES. REMEMBER, PRACTICE DOESN'T MAKE PERFECT, PERFECT PRACTICE MAKES PERFECT. MAKING THE TEAM IS NOT SUFFICIENT. MAKING A WINNING TEAM HAS TO BE OUR OBJECTIVE.

AGAIN, THE SUCCESS OF OUR DEFENSE DEPENDS ON HOW SUCCESSFUL YOU LEARN TO WORK WITH OUR FRONT FOUR VS. THE RUN, AND OUR SECONDARY VS. THE PASS.

ALIGNMENT

A. TE LINEBACKER (SAM)

YOUR ALIGNMENT WILL BE DETERMINED BY OUR DEFENSE CALLED.

FRONT (EXAMPLE: 4-3 OR OVER-LOOSE.)

COVERAGE AND OUR SUPPORT PATTERN (EXAMPLE: ONE OR SX)

1. HEAD ON (TOE TO TOE)

THIS ALIGNMENT ON THE TIGHT END WILL ENABLE YOU TO CONTROL OR JAM THE TIGHT END AND YOU, GENERALLY, WILL BE GIVEN A CUT-BACK OR TWO-GAP ASSIGNMENT.

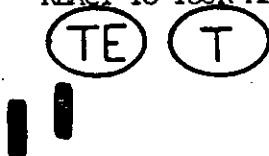


2. OUTSIDE SHOULDER (INSIDE FOOT SPLIT TIGHT END'S STANCE)

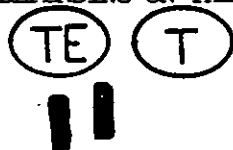
THIS ALIGNMENT ON THE TIGHT END WILL ENABLE YOU TO WORK OUT QUICKLY AND YOU, GENERALLY, WILL BE GIVEN A CONTAIN OR PRIMARY SUPPORT ASSIGNMENT.



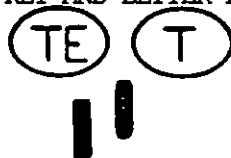
3. OUTSIDE (INSIDE FOOT EVEN WITH TIGHT END'S OUTSIDE FOOT)
A WIDER ALIGNMENT, DICTATED BY YOUR RESPONSIBILITY. THIS IS USED MOSTLY ON OUR PASS ONLY BLITZ FROM WHICH YOU CAN KEY AND BETTER REACT TO YOUR ASSIGNMENT.



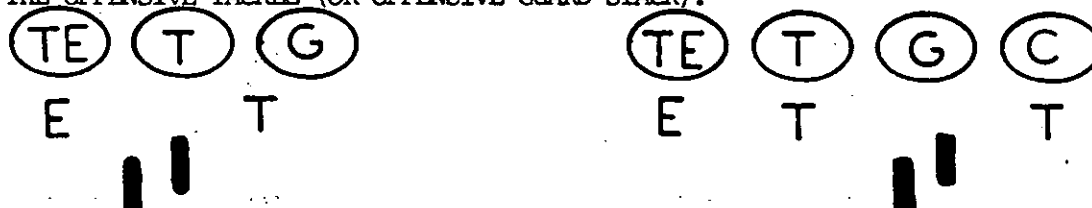
4. INSIDE SHOULDER (OUTSIDE FOOT SPLIT TIGHT END'S STANCE)
AN ALIGNMENT THAT MAY DEVELOP WHEN THE TIGHT END FLEXES. ON THE FLEX, AS YOU TAKE A POSITION INSIDE, YOU MAY ALSO LINE UP DEEPER, DEPENDING ON THE DOWN AND DISTANCE.



5. INSIDE (OUTSIDE FOOT EVEN WITH THE TIGHT END'S INSIDE FOOT OR YOU MAY BE MORE INSIDE DEPENDING ON THE FLEX OF THE TIGHT END)
USUALLY A BLITZ ALIGNMENT USED ON PASS ONLY BLITZ FROM WHICH YOU CAN KEY AND BETTER REACT TO YOUR ASSIGNMENT.



6. LOOSE OR STACK
ALIGNMENT WHERE YOU DROP OFF THE LINE AND INSIDE YOUR DEFENSIVE END (OR DEFENSIVE TACKLE STACK). YOUR DISTANCE OFF THE LINE IS 3-3½ YARDS AND YOU, GENERALLY, WILL BE HEAD ON TO OUTSIDE THE OFFENSIVE TACKLE (OR OFFENSIVE GUARD STACK).



- B. WEAKSIDE LINEBACKER (WILL)
YOUR ALIGNMENT WILL BE THE SAME AS STRONGSIDE LINEBACKER (SAM) WITH THE NEAR END PRESENT. VS. "X" OPEN, YOU WILL HAVE EIGHT ALIGNMENT POSITIONS AND THESE WILL AID YOU TO BETTER CARRY OUT YOUR ASSIGNMENT.

1. HIP
AN ALIGNMENT ONE YARD OUTSIDE YOUR DEFENSIVE END AND ONE TO ONE AND ONE-HALF YARDS OFF THE LINE OF SCRIMMAGE.



2. TAN

AN ALIGNMENT 3-3½ YARDS DEEP AND DIRECTLY BEHIND YOUR DEFENSIVE END. THIS WILL ENABLE YOU TO DISGUISE OUR WEAKSIDE RUN SUPPORT.



3. LOOSE

W

AN ALIGNMENT WHERE YOU DROP OFF THE LINE OF SCRIMMAGE AND INSIDE YOUR DEFENSIVE END. YOUR DISTANCE OFF THE LINE OF SCRIMMAGE IS 3-3½ YARDS AND YOU WILL BE OUTSIDE SHOULDER TO HEAD ON THE OFFENSIVE TACKLE.



4. CRACK

W

AN ALIGNMENT ON THE LINE OF SCRIMMAGE ONE OR MORE YARDS OUTSIDE YOUR DEFENSIVE END.



5. CRACK-IN

AN ALIGNMENT ON THE LINE OF SCRIMMAGE ONE YARD OUTSIDE YOUR DEFENSIVE END AND FACING THE INSIDE WITH YOUR BACK TURNED TOWARD "X".



6. WALK

AN ALIGNMENT SPLITTING THE DISTANCE BETWEEN OFFENSIVE TACKLE AND "X". YOUR DEPTH WILL BE DETERMINED BY THE DISTANCE OF "X".



7. "i"

W

AN ALIGNMENT TO JAM AND DELAY "X". THREE YARDS INSIDE "X" AND FOUR TO FIVE YARDS OFF THE LINE OF SCRIMMAGE. KEY INTO THE BACKFIELD FOR A RUN OR PASS. TAKE AWAY INSIDE RELEASE OF "X" ON PASS.



W

8. OUT

A PASS SITUATION ALIGNMENT ON THE INSIDE SHOULDER OF "X".
FOCUS ATTENTION ON "X" AND JAM HIM, DISRUPTING HIS RELEASE.



RUN TECHNIQUES

TO BE EFFECTIVE IN STOPPING THE RUNNING ATTACK, A LINEBACKER MUST MASTER THE BASIC TECHNIQUES OF HIS POSITION. THIS CAN BE DONE ONLY BY HARD WORK AND CONSTANT STUDY. IT IS MANDATORY THAT THE SIX ESSENTIALS OF RUN DEFENSE BE DEVELOPED TO THE UTMOST. THESE SIX ARE:

- STANCE - PROPER POSITION AND BALANCE TO ALLOW POWERFUL AND QUICK MOVEMENT IN ANY DIRECTION.
- KEYS - OFFENSIVE MOVEMENTS WHICH ENABLE A DEFENSIVE MAN TO DIAGNOSE AND CARRY OUT HIS ASSIGNMENT MORE EFFECTIVELY.
- NEUTRALIZE - GAINING AN ADVANTAGE ON A BLOCKER BY EQUALIZING THE POWER OF HIS BLOCK THROUGH DELIVERING A BLOW.
- CONTROL - MAINTAINING THE ADVANTAGE ON A BLOCKER AND HOLDING YOUR AREA OF RESPONSIBILITY.
- ESCAPE - GETTING RID OF A BLOCKER.
- PURSUIT - TAKING A PROPER PATH, WITH GREAT SPEED, TO INTERCEPT A BALL CARRIER.

A. STANCE

1. TAKE A GOOD FUNDAMENTAL POSITION. BE POISED AND READY TO MOVE.
 - a. FEET COMFORTABLY SPREAD - EVEN OR APPROXIMATELY TOE TO INSTEP, WITH THE OUTSIDE FOOT BACK.
 - b. FLEX YOUR KNEES, AND DROP YOUR HIPS WITH YOUR WEIGHT EVENLY DISTRIBUTED OVER THE BALLS OF YOUR FEET.
 - c. SHOULDERS PARALLEL TO THE LINE OF SCRIMMAGE.
 - d. YOUR ARMS AND HANDS SHOULD BE IN FRONT OF THE KNEES IN THE "READY POSITION".
2. FOCUS YOUR EYES FIRST ON YOUR MAIN KEY THEN SEE AS MUCH AS POSSIBLE. WHEN YOUR ALIGNMENT IS ON THE TIGHT END/NEAR, YOU MUST CONCENTRATE YOUR VISION FIRST ON TIGHT END/NEAR, AND NOT THE BACKFIELD. SEE THE MAN THAT CAN FIRST GIVE YOU THE MESSAGE. WORK ON SEEING THROUGH THE TIGHT END/NEAR INTO RUNNING LANE AND BACKFIELD. KNOW YOUR KEY PROGRESSION.

B. KEY VS. RUN

YOUR KEY IS DESCRIBED WITH EACH DEFENSE. THE QUICKER YOU CAN LEARN TO READ YOUR KEY, REACT, AND FIND THE BALL, THE BETTER LINEBACKER YOU WILL BECOME. LISTED BELOW ARE SOME GENERAL KEYS THAT WILL HELP YOU DISTINGUISH RUN OR PASS:

1. IF THE TIGHT END OR NEAR ATTACKS THE LINEBACKER, CONTROL THE BLOCK, FIND THE BALL = RUN.
2. IF THE TIGHT END OR NEAR DRIVES TO THE INSIDE TO ATTACK THE DEFENSIVE END OR MIKE, FIND THE BALL = RUN. YOUR ACTION MAY BE TO CLOSE OR TO WORK UPFIELD, DEPENDING ON YOUR KEY AND THE ACTION YOU SEE. THIS TECHNIQUE IS VITAL TO OUR DEFENSE. MAKE CERTAIN YOU UNDERSTAND THIS COMPLETELY.
3. IF THE TIGHT END OR NEAR RELEASES STRAIGHT AWAY = PASS. START YOUR DROP TO COVERAGE. KEEP YOUR VISION.
4. IF THE TIGHT END OR NEAR RELEASES OR IS NOT PRESENT (FLEX/"X"), THE NEAR BACK AND PULLING LINEMEN BECOME YOUR BEST KEY. THE NEAR BACK AND LINEMAN WILL AID YOU IN DETERMINING THE PLAY. THE NEAR BACK ON YOU AND THE LINEMAN PULLING DEEP = RUN (SWEEP). THE NEAR BACK AVOIDING YOU AND THE LINEMAN SETTING = PASS.

C. NEUTRALIZE

1. HAND SHIVER
DRIVE BOTH HANDS FORWARD, RAPIDLY STRIKE BLOCKER WITH THE HEEL OF YOUR HANDS, KEEPING THE ARMS FLEXED, FOLLOW THROUGH WITH BODY WEIGHT. THIS IS USED MAINLY VS. CUT-OFF BLOCKS.
2. FOREARM SHIVER
DRIVE INSIDE FOREARM FORWARD, UPWARD AND OUTWARD AS IF YOU WERE DRIVING AN UPPERCUT INTO YOUR OPPONENT'S CHEST BUT WITH THE BACK OF YOUR HAND. THE FOREARM SHOULD BE PARTIALLY EXTENDED AWAY FROM YOUR BODY. USE THE OTHER HAND TO THROW THE BLOCKER OR HIT THE OUTSIDE OF THE SHOULDER. FORCE THROUGH THE BLOCKER. THIS IS USED VS. UNUSUALLY STRONG STRAIGHT BLOCKERS.
3. HEAD BUTT AND GRAB
BLOW GENERALLY USED BY THE MIDDLE LINEBACKER ON THE CENTER, WHO IS BLOCKING YOU STRAIGHT UP AND USING YOUR MOMENTUM TO DRIVE YOU BEYOND THE HOLE. WITH A DIP-LIKE MOVE, DRIVE YOUR HELMET INTO THE MASK ON THE CENTER, SIMULTANEOUSLY GRABBING THE BLOCKER'S SHOULDER WITH BOTH HANDS, PREPARING TO THROW HIM. THIS IS A GOOD MOVE AGAINST A HOLDER WHO IS GRABBING ARMS AT FIRST CONTACT.
4. SHOULDER SHIVER
TO BE USED IN CERTAIN SITUATIONS. SIMILAR TO THE FOREARM SHIVER, BUT DELIVERED WITH THE SHOULDER. THIS IS USED IN TIGHT QUARTERS TO STUFF A HOLE WITH THE BLOCKER, PARTICULARLY IF YOU ARE TAKING ON A MUCH BIGGER MAN.

D. CONTROL

1. HAND GRAB
WITH BOTH HANDS, GRASP THE BLOCKER'S JERSEY, EXTEND ARMS AND LOCK ELBOWS. HOLD FIRMLY AWAY FROM THE BODY KEEPING YOUR LEGS CLEAR.

2. LEVERAGE

AFTER USING ANY OF THE VARIOUS NEUTRALIZING METHODS TO NEUTRALIZE THE BLOCKER, YOU MUST NOW KEEP THE BLOCKER AWAY FROM THE BODY AND LEGS WHILE ON THE MOVE. THIS IS LEVERAGE.

E. ESCAPE

1. THROW

HAND GRAB THE BLOCKER AND PULL HIM AWAY FROM THE POINT OF ATTACK AS YOU STEP TO THE POINT OF ATTACK. THIS IS USED VS. ALL BLOCKERS WHEN THE POINT OF ATTACK IS RECOGNIZED.

2. QUICK THROW

HAND GRAB THE BLOCKER, PULL TO THE OUTSIDE, STEP INSIDE AND UPFIELD QUICKLY GOING AROUND THE BLOCKER TO THE POINT OF ATTACK. (MUST GET PRESSURE FROM THE TIGHT END OR NEAR.) THIS IS USED VS. THE TIGHT END OR NEAR HOOK BLOCKS WHEN SAM OR WILL HAS INSIDE OR TWO-GAP RESPONSIBILITY.

3. SPIN

PIVOTING TO SPIN OUT AWAY FROM THE BLOCKER. THIS IS A LAST RESORT METHOD BUT OCCASIONALLY NECESSARY.

F. PURSUIT

AFTER ESCAPING A BLOCK, TAKE THE PROPER PATH THAT WILL ENABLE YOU TO MAKE THE PLAY AND PREVENT A CUT BACK. THIS IS AN INTELLIGENT ESCAPE ANGLE. DO NOT FOLLOW YOUR OWN COLOR.

KEYS VS. PASS - INDIVIDUAL PASS DEFENSE TECHNIQUE

A. SAM OR S/O - LINEBACKER TO THE TIGHT END

WILL OR W/O - LINEBACKER AWAY FROM THE TIGHT END. MAY BE EITHER STRONG OR WEAK (OPPOSITE FORMATION).

MIKE - MIDDLE LINEBACKER.

1. ALIGNMENT

BY DEFENSE AND SUPPORT PATTERN.

2. KEY

BY DEFENSE AND SUPPORT PATTERN. SEE AS MUCH AS POSSIBLE. MIKE WILL BE ASKED TO EITHER KEY THROUGH THE LINEMAN INTO THE BACKFIELD (4-3), OR TO KEY DEFINITELY THE BACKFIELD (OVER LOOSE).

3. JAM

BY DEFENSE AND SUPPORT PATTERN, PLUS POSITION ON THE FIELD AND THE LOCATION OF THE OFFENSIVE BACKS. WE WANT TO JAM THE TIGHT END OR NEAR END WHENEVER POSSIBLE. DRIVE YOUR HANDS INTO THE SHOULDERS OR USE THE BACK/SLAP TECHNIQUE. DELAY THE RELEASE, DESTROY THE PATTERN, KNOCK THE OPPONENT OFF BALANCE, CAUSE THE RELEASE TO BE ALTERED, OR WHEN POSSIBLE TEMPORARILY COVER THE TIGHT END OR NEAR END. MIKE WILL JAM ONLY WITHIN YOUR DROP. THIS TECHNIQUE IS THE SINGLE MOST IMPORTANT IN PASS DEFENSE AND MUST BE MASTERED BY ALL LINEBACKERS.

4. PASS RESPONSIBILITY

BY DEFENSE AND SUPPORT PATTERN. YOU WILL BE GIVEN ONE OF TWO THINGS TO DO: a) DROP TO A DEFINITE ZONE (ZONE); OR b) A DEFINITE BACK TO COVER (M/M).

a. DROP

WHEN YOUR DROP IS TO A DEFINITE ZONE:

- 1) LOCATE THE RECEIVER OR RECEIVERS IN THE AREA TO WHICH YOU WILL DROP. LOCATE AND WORK THROUGH THE RECEIVERS AS YOU DROP TO YOUR AREA. DESTROY THE PATTERN, CAUSE HIM TO ALTER HIS ROUTE.

SAM/WILL - YOUR ROUTE PROGRESSION WILL BE "I", "81" "OUT", and CURL.

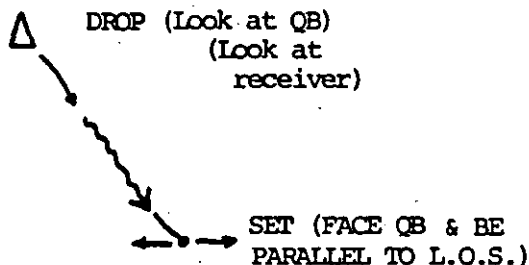
MIKE - YOUR ROUTE PROGRESSION ON YOUR DROP STRONG-SIDE WILL BE THE TIGHT END, "B" BACK, AND WING. ON YOUR DROP WEAKSIDE, YOUR ROUTE PROGRESSION WILL BE "A" BACK, "X", OR NEAR.

- 2) SQUARE AWAY - FACE THE QUARTERBACK WHEN HE SETS TO THROW.

COACHING POINTS:

- a) BY FACING THE QUARTERBACK, YOU CAN REACT IN ANY DIRECTION FOR THE BALL. (IF FACING OUTSIDE AND MOVING AWAY FROM THE QUARTERBACK, IT IS DIFFICULT TO REACT INSIDE.)
- b) HAVE YOUR FEET PARALLEL TO L.O.S. AND KEEP THEM MOVING, LEAN FORWARD (DO NOT BE ON YOUR HEELS), AND BE PREPARED TO REACT TO THE QUARTERBACK.
- c) IF THE QUARTERBACK SCRAMBLES WHEN YOU HAVE ZONE RESPONSIBILITY, STAY IN THAT AREA UNTIL THE QUARTERBACK CROSSES THE LINE OF SCRIMMAGE. MOVE ZONES IN DIRECTION OF QUARTERBACK ROLL.

CORRECT



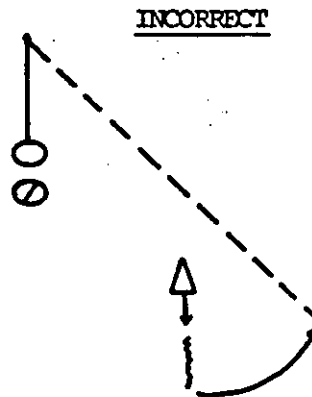
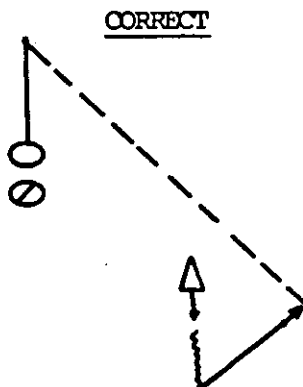
INCORRECT



3) REACTION - MOVE AT THE PROPER ANGLE TO BREAK UP THE PASS.

COACHING POINTS:

- a) DO NOT "ROUND" YOUR BREAK, BUT DRIVE SQUARELY TO THE INTERCEPTION POINT. REACT SHARPLY AND QUICKLY.
- b) MUST BE IN "CHIN OVER TOES" POSITION TO GET MAXIMUM REACTION. STAY OFF YOUR HEELS.
- c) YOU SHOULD BE ABLE TO REACT SEVEN (7) YARDS IN ANY DIRECTION.



b. DROP - WHEN YOU HAVE A DEFINITE BACK ASSIGNMENT.

1. CONCENTRATION - ON THE RECEIVER'S NUMBERS.

COACHING POINTS:

- a) THIS IS 75% OF M/M COVERAGE. MOST MEN ARE BEATEN BECAUSE THE LINEBACKER "PEEK" A LOOK AT THE QUARTERBACK AND THE RECEIVER RUNS AWAY FROM HIM.
- b) IGNORE EVERYTHING BUT THE RECEIVER. THIS IS ESPECIALLY TRUE IF YOU ARE BEAT DEEP.

2. POSITION - STRIVE TO GAIN A POSITION TWO YARDS DEEP AND ONE YARD INSIDE (OR OUTSIDE) THE RECEIVER WHEN HE IS TO MAKE HIS FINAL CUT. (THIS CUT USUALLY COMES FROM 4-6 YARDS ACROSS THE LINE OF SCRIMMAGE.)

COACHING POINTS:

- a) OLB - IF MIKE IS DROPPING TOWARD YOU, YOU WILL GAIN AN OUTSIDE POSITION. IF MIKE IS DROPPING AWAY FROM YOU, YOU WILL GAIN AN INSIDE POSITION.
MIKE - ALWAYS AN INSIDE POSITION.
- b) A GOOD POSITION IS TO BE FOUR YARDS FROM THE RECEIVER AS HE CROSSES THE LINE OF SCRIMMAGE. YOU SHOULD BE BACKPEDALING UNDER CONTROL AND HAVE ESTABLISHED YOUR INSIDE (OR OUTSIDE) POSITION AT THIS POINT.
- c) KEEP YOUR SHOULDERS SQUARE AND YOUR "CHIN OVER YOUR "TOES" AS YOU BACKPEDAL. BE PREPARED TO JAM THE RECEIVER IF HE GETS CLOSE TO YOU.

BUTCH TECHNIQUE

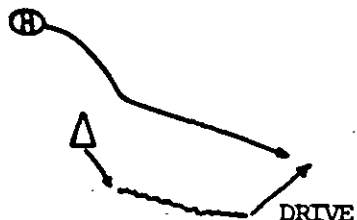
- a) SHOULD BE USED WHEN THE PATTERN OF OUR COVERAGE PROVIDES YOU WITH DEFINITE HELP.
- b) AS THE RECEIVER APPROACHES YOU, HOLD AT TWO TO THREE YARDS FROM THE LINE OF SCRIMMAGE AND GAIN AN INSIDE (OR OUTSIDE) POSITION ON HIM. ?
- c) AS THE RECEIVER CLOSES ON YOU, JAM HIM USING A STRONG HAND SHIVER THROUGH HIS INSIDE (OUTSIDE) SHOULDER AND FORCE HIM IN THE DIRECTION YOU WANT HIM TO GO.

3) REACT - CLOSE TO A SPOT ON THE RECEIVER WHEN HE MAKES HIS CUT.

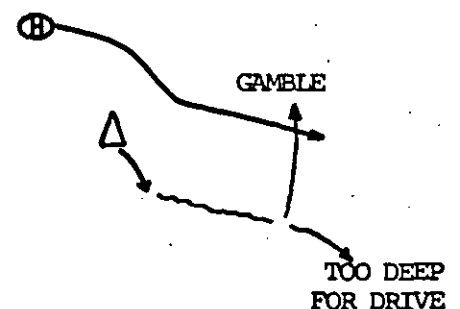
COACHING POINTS:

- a) BE IN A POSITION SO THAT IF THE RECEIVER CHANGES DIRECTION HE MUST RUN THROUGH YOU.
- b) DRIVE FOR THE FORWARD SHOULDER OF THE RECEIVER.
- c) KEEP YOUR BACK ARM BEHIND THE RECEIVER. THIS IS THE ARM BETWEEN THE RECEIVER AND THE GOAL YOU ARE DEFENDING (YOUR RIGHT ARM IF HE IS RUNNING A PATTERN TO YOUR RIGHT). KNOCK DOWN THE PASS WITH THE OTHER HAND. THIS HELPS PREVENT PASS INTERFERENCE AND ALSO ENABLES YOU TO "STRIP" THE RECEIVER IF HE CATCHES THE BALL.
- d) IF A RECEIVER GETS BEHIND YOU, 90% OF THE TIME HE WILL HAVE TO SLOW UP TO CATCH THE BALL. BY CONTINUING TO DRIVE AND CONCENTRATING ON THE RECEIVER'S HANDS, YOU WILL HAVE A GOOD CHANCE TO BREAK UP THE PASS. IF YOU LOOK BACK TO THE QUARTERBACK, THE RECEIVER WILL RUN AWAY FROM YOU.
- e) WHEN THE QUARTERBACK SCRAMBLES, STAY WITH M/M RESPONSIBILITY UNTIL THE QUARTERBACK CROSSES THE LINE OF SCRIMMAGE.

CORRECT



INCORRECT



- 4) INTERCEPT - ALWAYS INTERCEPT AT THE HIGHEST POINT WITH BOTH HANDS. ATTACK THE BALL.

COACHING POINTS:

- a) IF YOU "WAIT" FOR THE BALL, THE RECEIVER HAS A CHANCE TO DRIVE IN FRONT OF YOU AND EITHER CATCH THE BALL OR BAT IT AWAY FROM YOU.
 - b) PLAY THROUGH THE RECEIVER ON SHORT PASSES. BE AGGRESSIVE. ON HIGH PASS, PLAY UP AND OVER - NEVER GO AROUND.
 - c) ALWAYS LOOK THE BALL INTO YOUR HANDS AND PUT IT AWAY WITH YOUR HAND OVER THE POINT OF THE BALL.
 - d) WHEN THE BALL IS IN THE AIR, IT BELONGS TO THE DEFENSE.
- 5) MAN TO MAN TECHNIQUE FOR DOUBLE SINGLE - SAM (S/O), MIKE, WILL (W/O). AFTER YOU ARE "LOCKED" ON YOUR RECEIVER, HOLD AND JAM THE RECEIVER, AND MAINTAIN THE INSIDE POSITION. SEE HIM, CONCENTRATE ON HIM, BE PATIENT, DO NOT ALLOW THE RECEIVER TO YOUR INSIDE. WALL HIM OFF, CLAMP FROM THE INSIDE AND TRAIL THE RECEIVER ON THE INSIDE HIP. TURN WITH THE RECEIVER AND WATCH HIS HANDS AND HIS EYES. THEY WILL "TELL" YOU IF HE IS THE INTENDED RECEIVER. BE PREPARED TO EXPLODE THROUGH THE BALL AND RECEIVER. "STRIP" HIM. TACKLE HIM. IF THE BALL IS NOT THROWN TO YOUR RECEIVER, LOCATE AND REACT TO THE BALL.

TACKLING

FACE IN THE NUMBERS. KNOCK HIM BACK.

A. FUNDAMENTAL POSITION

STEP ON HIS TOES. MOST OF THE TIME, WE MISS BECAUSE WE ARE TOO FAR AWAY.

- 1. FACE IN THE NUMBERS. MAKE HIM RUN THROUGH YOUR BODY. NO ARM TACKLING.
- 2. EXPLODE INTO HIM. DRIVE HIM BACK. DO NOT LET HIM FALL FORWARD.
- 3. GRAB CLOTH OR CLUB ARMS AROUND HIM. DRIVE LEGS HARD AND THROUGH THE BALL CARRIER.

B. GANG TACKLE

FIRST MAN HIT THROUGH THE BALL CARRIER, SECOND MAN SEARCH AND GET THE BALL, THE THIRD MAN PUNISH. SWARM TO THE BALL CARRIER. WE WANT THE BALL. TAKE IT AWAY.

- C. YOU MUST HAVE DESIRE TO MAKE THE TACKLE YOURSELF. NEVER ASSUME SOMEONE ELSE WILL - I MUST. POISE AND KNOW-HOW ARE GOOD TEAMMATES.

REVERSE AND QUARTERBACK KEEP RESPONSIBILITY

ANY TIME YOUR END IS IN TWO-GAP ON THE OFFENSIVE TACKLE OR ANY OF OUR INSIDE CHARGES, YOU HAVE REVERSE AND QUARTERBACK KEEP.

EXAMPLES:	END IS TWO GAP	END ON INSIDE CHARGE
	OVER (WILL HAS REVERSE)	RAM
	UNDER (SAM HAS REVERSE)	PINCH
	34 (SAM/WILL HAVE REVERSE)	CROSS HANDS AWAY FROM YOU

C.P.: SAM OR WILL LINED UP ON T.E. - YOU HAVE REVERSE.

KEY BLITZ PROGRESSION

EXAMPLES: "HE GOES, I GO" (GOES AWAY)

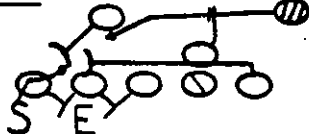
"HE STAYS, I STAY" (ENGAGE)

"HE COMES, I COVER"

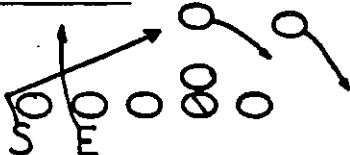
WHENEVER A LINEBACKER HAS A KEY BLITZ RESPONSIBILITY, HE WILL PLAY RUN FIRST AND PASS SECOND ON RUN SITUATIONS. HIS RUN SUPPORT KEYS AND TECHNIQUES WILL BE THE SAME AS NORMAL END RUN SUPPORT. HE WILL BE A KEY BLITZER ONLY ON PASS, OR WHEN THE FORMATION ALLOWS IT (EXAMPLE: STRONG BLITZ VS. YELLOW FORMATION - WILL HAS KEY BLITZ RESPONSIBILITY).

SAM KEY BLITZ

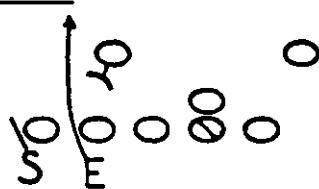
RUN



GOES AWAY

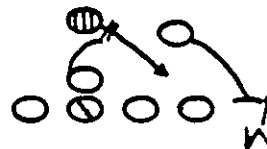


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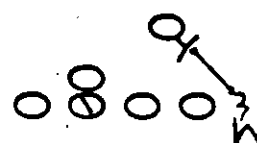


WILL KEY BLITZ

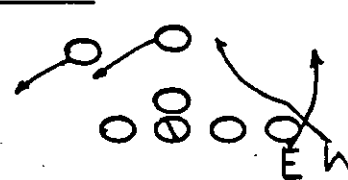
RUN

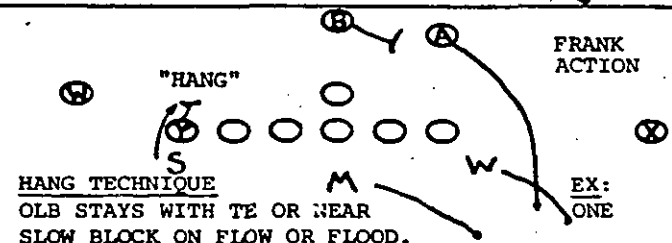
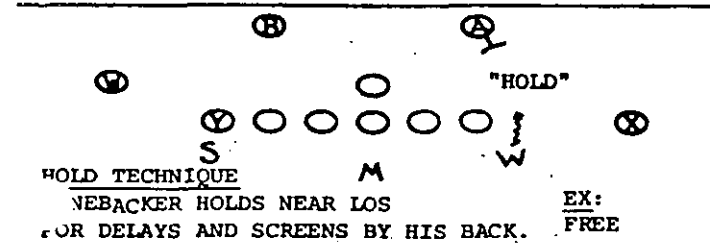
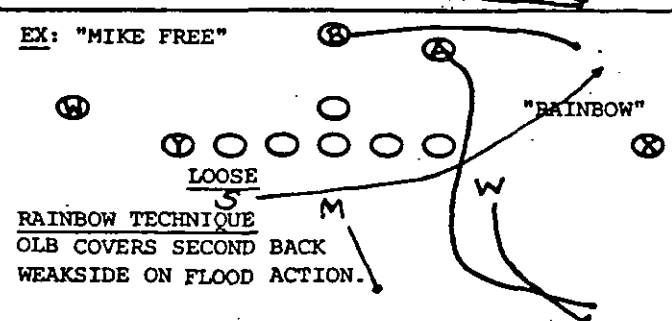
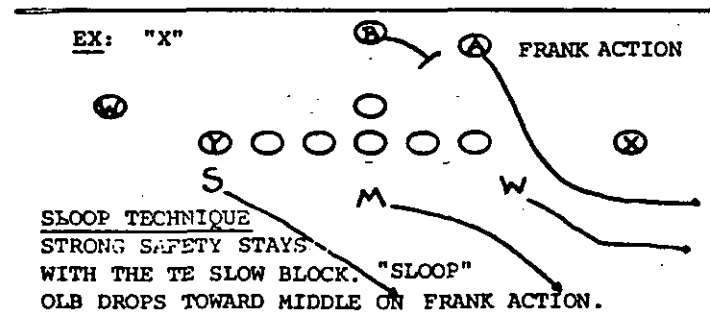
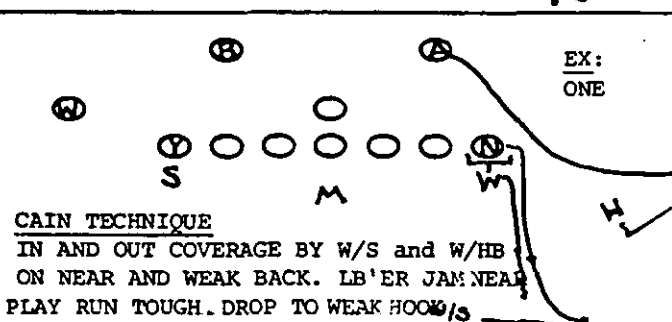
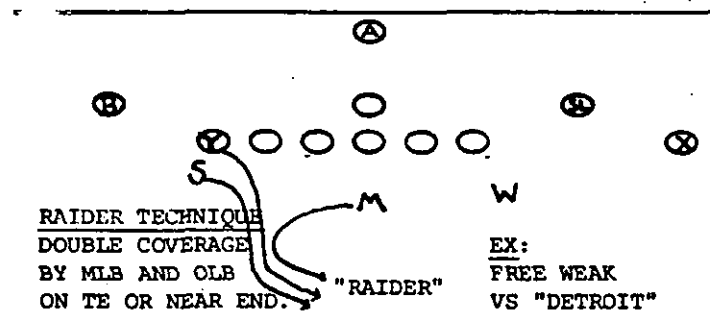
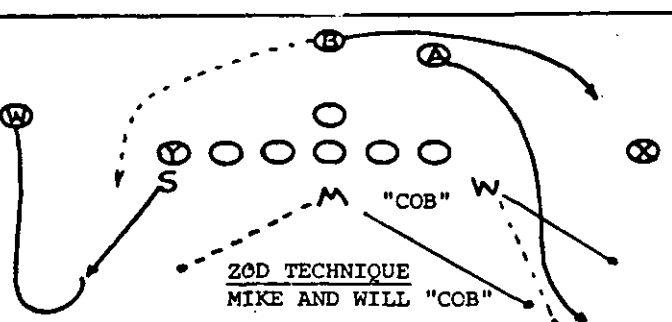
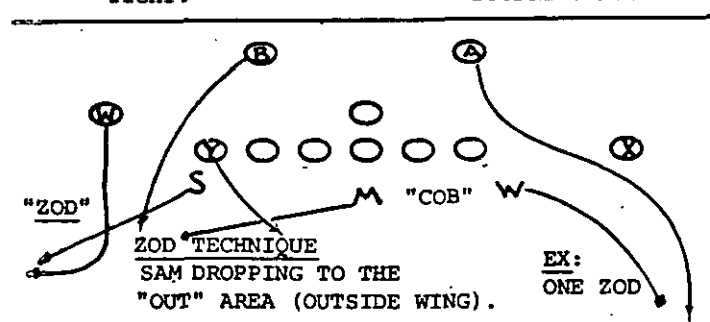
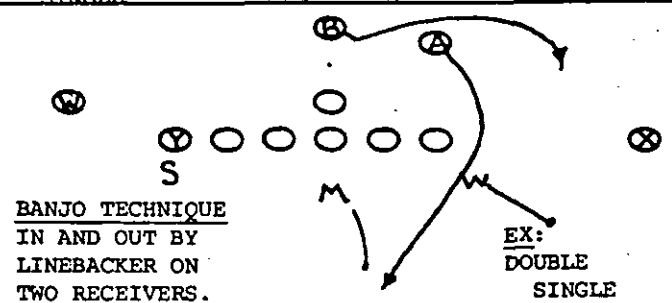
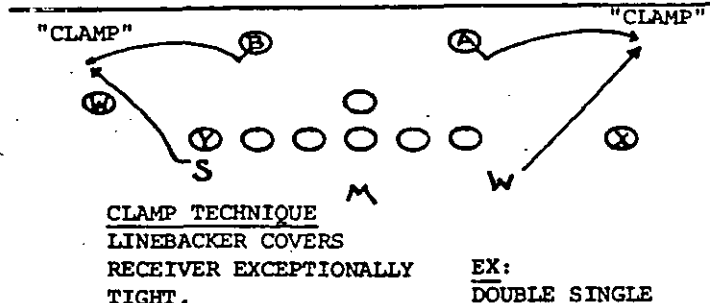
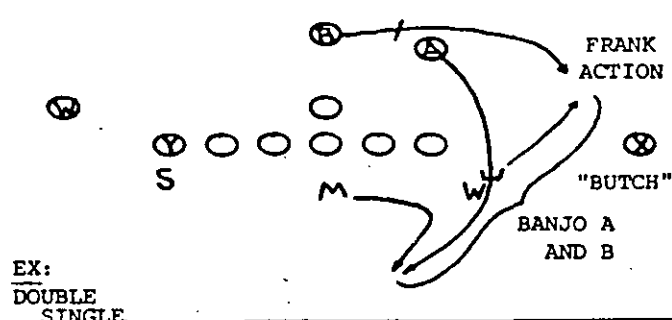
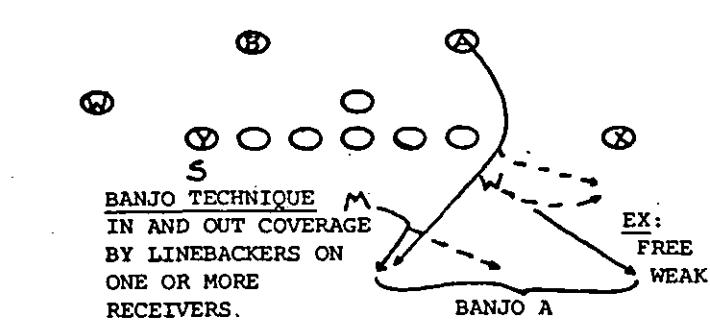


STAYS



GOES AWAY





DEFENSIVE SECONDARY

I. GENERAL COMMENTS

A. DEVELOP A WINNING ATTITUDE

WINNING IS IMPORTANT, BUT MAKING THE EFFORT TO WIN IS MORE IMPORTANT. THE TOTAL SUCCESS OF OUR DEFENSE DEPENDS LARGELY ON HOW EFFECTIVELY YOU CARRY OUT YOUR RESPONSIBILITIES. IN A SPLIT SECOND, A DEFENSIVE BACK HAS TO READ, RECOGNIZE AND REACT TO THE MOVE (KEY) OF HIS OPPONENT AND REACT CORRECTLY. THE DOWN AND DISTANCE WILL HELP YOU ANTICIPATE, BUT YOUR KEY OR KEYS WILL BE THE DETERMINING FACTOR. ON RUN - WE WILL HAVE A SUPPORT MAN, A CUTBACK MAN AND A RUN - PASS MAN. TO EFFECTIVELY STOP THE END RUN OR RUN PASS, ALL THREE JOBS MUST BE EXECUTED PERFECTLY. A GOOD DEFENSIVE SECONDARY SHOULD NEVER ALLOW A LONG TOUCHDOWN RUN, SINCE ONLY THREE INGREDIENTS ARE NECESSARY - - PROPER KEY, SURE TACKLING AND "HUSTLE".

TO EFFECTIVELY STOP A PASS - YOU MUST RECOGNIZE AND REACT WITH CONFIDENCE QUICKNESS, SPEED AND FLAWLESS MECHANICS. WE WILL DRILL EVERY DAY FOR IMPROVEMENT IN THESE VITAL AREAS.

THE IMPORTANCE OF GOOD DEFENSIVE SECONDARY PLAY CANNOT BE OVER-EMPHASIZED. A CLOSELY KNITTED, HARD HITTING SECONDARY THAT STRIVES TO DESTROY THE EFFECTIVENESS OF AN OFFENSIVE ATTACK IS INDISPENSIBLE TO SUCCESS. WE RESPECT ALL TEAMS, BUT WE FEAR "NONE". A SECONDARY THAT IS UNIFIED IN PURPOSE, AGGRESSIVE AND DEDICATED TO TEAM AND INDIVIDUAL EXCELLENCE IS ONE OF OUR OBJECTIVES.

EVERY FIBER IN YOUR BODY SHOULD BE USED IN AN EFFORT TO SEEK EXCELLENCE. SEEK THIS GOAL EVERY DAY OF YOUR LIFE WITH COMPLETE DEDICATION. EXCELLENCE IS POSSIBLE AND YOU WILL IMPROVE DAY AFTER DAY IF YOU TAKE FOOTBALL HOME WITH YOU EVERY NIGHT AND IF YOU PRACTICE WITH A SPECIFIC PURPOSE TO IMPROVE SOME TECHNIQUE OR KNOWLEDGE OF YOUR RESPONSIBILITY EACH DAY. SUCCESS FOLLOWS THIS TYPE OF APPLICATION.

SUCCESS AND WINNING IS A HABIT, THE SUCCESS OF A DEFENSIVE BACK WILL DEPEND ON HIS ABILITY TO BECOME SKILLED WITH THE "TOOLS" OF HIS TRADE. ONCE A PLAYER HAS MASTERED THE ART OF GOOD PASS COVERAGE TECHNIQUES, EVERY PLAY WILL BECOME A CHALLENGE. YOU CAN THEN LINE UP ON YOUR MAN AND COVER HIM WITH CONFIDENCE.

YOU MUST STRIVE TO IMPROVE YOURSELF. "A PLAYER PLAYS THE WAY HE PRACTICES". EACH PRACTICE SHOULD BE A CHALLENGE FOR INDIVIDUAL IMPROVEMENTS IN SOME AREA OF DEFENSIVE TECHNIQUES. WE WANT YOU TO BE KNOWLEDGEABLE AND TO RECOGNIZE AREAS WHERE YOU NEED WORK. SELF-IMPROVEMENT IS ONLY POSSIBLE WHEN YOU ACCEPT THE FACT THAT THERE IS A NEED FOR IT. WE WANT YOU TO BE WILLING TO SPEND EXTRA TIME ON YOUR WEAKNESSES. MAKING THE TEAM IS NOT SUFFICIENT. MAKING A WINNING TEAM HAS TO BE OUR OBJECTIVE.

THE ONLY TRUE SATISFACTION A PLAYER RECEIVES IS THE SATISFACTION THAT COMES FROM BEING PART OF A SUCCESSFUL TEAM, REGARDLESS OF WHAT HIS OWN PERSONAL ENDS ARE.

LEARN TO ORGANIZE YOUR RUN SUPPORT AND COVERAGE RESPONSIBILITIES IN A CHRONOLOGICAL ORDER, ESTABLISH YOUR PRIORITIES AND THEN SEE THAT THEY ARE REPEATED DAILY TO BECOME EXPERTLY KNOWLEDGEABLE.

EACH SUNDAY AFTER THE BATTLE, ONE GROUP SAVORS VICTORY; ANOTHER LIVES IN THE BITTERNESS OF DEFEAT. THE PRACTICE AND THE HARD WORK OF THE SEASON SEEM A SMALL PRICE TO PAY FOR HAVING WON. BUT THERE ARE NO REASONS THAT ARE ADEQUATE FOR HAVING LOST. FOR THE LOSER, THERE MUST BE 100 PERCENT DETERMINATION AND DEDICATION TO WIN NEXT TIME!

1. WINNING REQUIRES THE RIGHT MENTAL, PSYCHOLOGICAL AND EMOTIONAL ATTITUDES.
2. SUCCESS DEMANDS SINGLENES OF PURPOSE.
3. LIVE IN AND MAINTAIN A LEARNING FOOTBALL ATMOSPHERE (SOLVE OUTSIDE PROBLEMS AND INTERFERENCE)
4. ALWAYS WORK FOR PERFECT TECHNIQUES EVEN WHEN JUST CHECKING ASSIGNMENTS.

B. QUALIFICATIONS

THE NUMBER ONE PRE-REQUISITE OF ANY DEFENSIVE BACK IS SPEED. SECONDLY, HE MUST HAVE THE ABILITY TO REACT. THE ABILITY TO REACT INVOLVES QUICKNESS. QUICKNESS REFERS TO THE ABILITY TO MOVE THE HANDS AND FEET IN A LIMITED AREA AND IS EQUALLY AS IMPORTANT AS SPEED. IDEALLY, THE CORNERBACKS SHOULD BE ABLE TO RUN 40 YARDS IN 4.6 SECONDS OR BETTER. THE AVERAGE DEFENSIVE BACK LOSES SPEED AFTER HIS SECOND AND THIRD YEAR IN THE LEAGUE.

QUICK HANDS AND FEET, GOOD PERIPHERAL VISION, TIMING, AND BODY CONTROL ARE REACTION QUALITIES THAT ARE NECESSARY FOR THE DEEP BACK. ON PASS DEFENSE, THE DEFENSIVE BACK'S REACTION ABILITY WILL DETERMINE WHETHER HE WILL SUCCEED OR FAIL. THE ONLY WAY HE WILL IMPROVE AND DEVELOP IS THROUGH CONSTANT DRILLING. WORK FOR SPEED AND QUICKNESS IN EVERYTHING YOU DO.

C. DEVELOP PROPER CONFIDENCE

A GOOD DEFENSIVE BACK MUST DEVELOP PROPER CONFIDENCE IN HIMSELF AND PROPER CONFIDENCE CAN ONLY BE BUILT THROUGH SUCCESSFUL EXPERIENCES. SUCCESS WILL ONLY COME TO YOU AFTER YOU BECOME KNOWLEDGEABLE ABOUT YOUR DUTIES AND AFTER YOU HAVE DEVELOPED THE PROPER BASIC MECHANICAL SKILLS. THEN YOU CAN TAKE YOUR ALIGNMENT ON ANY RECEIVER AND KNOW HE WILL NOT CATCH A PASS. THAT IS THE TYPE OF CONFIDENCE YOU WANT. ONCE THIS VITAL KNOWLEDGE AND THESE BASIC SKILLS OF YOUR TRADE HAVE BEEN MASTERED, EVERY PASS WILL BECOME A CHALLENGE. WORK UNTIL YOU GET A SKILL CORRECT AND THEN IT CAN BE REPEATED OVER AND OVER AGAIN PERFECTLY.

II. INDIVIDUAL PASS COVERAGE TECHNIQUES

A. SET POSITION

1. STANCE

YOUR OUTSIDE FOOT IS UP, AND THE WEIGHT IS EVENLY DISTRIBUTED ON THE BALLS OF BOTH FEET. BEND AT THE WAIST AND ALLOW YOUR ARMS TO HANG IN A RELAXED MANNER.

- a. USE A BASKETBALL STANCE, WEIGHT EVENLY DISTRIBUTED ON THE BALLS OF FEET, KNEES FLEXED, GOOD BALANCE.
- b. BEND AT THE WAIST WITH BACK STRAIGHT. TRY TO ASSUME A COMFORTABLE STANCE.
- c. ALLOW ARMS TO HANG IN A RELAXED MANNER.

A PROPER STANCE WILL HELP THE DEFENSIVE BACK BE PHYSICALLY AND MENTALLY ALERT. A DEEP BACK MUST NOT BECOME CARELESS IN TAKING HIS STANCE. HE SHOULD WORK FOR "CAT-LIKE" REFLEXES. HE HAS TO BE ALERT, BUT RELAXED. IF YOU ALTER YOUR STANCE FOR CERTAIN COVERAGES, THE OPPOSITION WILL PICK UP YOUR TIPPING AND TAKE ADVANTAGE OF IT ON BIG PASS DOWN SITUATIONS.

2. BASIC KEYS AND REMINDERS

A. SUPPORT MAN KEYS:

1. TIGHT END (NEAR) BLOCKS

- a) DOWN BLOCK = LOCATE NEAR BACK AS YOU SPRINT TO YOUR SUPPORT POINT.
- b) STRAIGHT BLOCK: (NOTE HEAD POSITION OF TE/NEAR)
(1) HOOK BLOCK = SUPPORT (2) TURN OUT BLOCK = HOLD.

2. FLOW OF BACKS AND/OR ONSIDE PULLING OF LINEMEN.

NOTE: YOUR KEY IS DESCRIBED IN EACH DEFENSE. THE QUICKER YOU CAN LEARN TO READ YOUR KEY, LOCATE THE NEAR BACK (TO DETERMINE RUN OR PASS), AND FIND THE BALL, THE BETTER SUPPORT MAN YOU WILL BECOME.

FOCUS YOUR EYES FIRST ON YOUR MAIN KEY (TE AND FLOW) THEN SEE AS MUCH AS POSSIBLE. WHEN YOUR KEY IS THE TE/NEAR, YOU MUST CONCENTRATE YOUR VISION FIRST ON THE TE/NEAR, AND NOT IN THE BACKFIELD. SEE THE MAN THAT CAN FIRST GIVE YOU THE MESSAGE. WORK ON SEEING THE TE/NEAR BLOCK AND FINDING THE NEAR BACK AS YOU SPRINT TO YOUR SUPPORT POINT. KNOW YOUR KEY AND PROGRESSION.

B. CORNER'S KEYS WITH BACKER ON SAFETY SUPPORT:

- 1. READ THE QUARTERBACK'S THREE STEP ACTION FOR THE QUICK OUT AND CLOSE TO INTERCEPT IT.
- 2. RUN:
 - a) REPLACE - SEE THE WIDE RECEIVER CRACK AND SPRINT TO YOUR CONTAIN POINT. DON'T GAMBLE! BE SURE YOU SEE CRACK!
 - b) COVERAGE CONCENTRATION - AFTER YOU READ YOUR QUICK KEY IN THE BACKFIELD AND REGULAR PASS SHOWS. FOCUS BACK ON THE WIDE RECEIVER AND PLAY HIS ROUTE. USE POINT VISION ON THE RECEIVER AND PERIPHERAL VISION TO THE QUARTERBACK AND THE BALL.

C. WEAK SAFETY:

- 1. PLAY PASS FIRST, BE READY TAKE CARE OF YOUR RESPONSIBILITY.
- 2. ON SURE RUN, PURSUE PARALLEL TO L.O.S. OR WHERE EVER RUN DICTATES.
- 3. CHECK RECEIVERS FOR HB OPTION PASS AND GIMMICKS.

B. FOOTWORK

1. BACK PEDAL

THE BASIC TECHNIQUE THAT YOU MUST KNOW, USE, AND MASTER WHEN COVERING AN OFFENSIVE RECEIVER IS THE BACK PEDAL. YOUR ABILITY TO BACK PEDDLE WITH MAXIMUM SPEED, TO ADJUST YOUR BODY POSITION WITHOUT CROSSING YOUR FEET AND TO BE ABLE TO CHANGE DIRECTION AS QUICKLY AS POSSIBLE IS ESSENTIAL FOR YOU TO PLAY IN OUR SECONDARY. FORTUNATELY, IT IS A FUNDAMENTAL THAT CAN BE IMPROVED CONSIDERABLE THROUGH PROPER DRILLS AND ALERT, PURPOSEFUL PRACTICES.

2. START

IF YOU DO NOT START BY TAKING A STEP BACKWARD WITH YOUR BACK FOOT, YOU WILL SERIOUSLY HANDICAP YOUR ABILITY TO COVER. PUSH OFF THE FRONT FOOT AND STEP BACK WITH YOUR BACK FOOT. DO NOT BE IN A HURRY TO GET YOUR SHOULDERS UP. IF YOUR BACK FOOT COMES FORWARD, YOU WILL LOSE TWO STEPS IN COVERAGE AND BE FORCED TO GET OUT OF YOUR BACKPEDAL MUCH SOONER.

- A. PUSH OFF FRONT FOOT.
- B. STEP BACK WITH YOUR BACK FOOT.
- C. ALLOW YOUR SHOULDERS TO COME UP GRADUALLY.
- D. NEVER STEP UP WITH YOUR BACK FOOT.
- E. KEEP SHOULDERS AHEAD OF HIPS WITH GOOD BASE.
- F. MOVE ARMS IN NORMAL MANNER.

3. CHANGE DIRECTIONS (SHUFFLE AND SLIDE)

YOU SHOULD NOW BE ABLE TO RUN BACKWARD IN A STRAIGHT LINE. THE NEXT STEP IS TO BE ABLE TO CHANGE THE DIRECTION OF YOUR RUN WITHOUT CROSSING YOUR LEGS. TO MAINTAIN POSITION ON THE RECEIVER AND TO KEEP IN YOUR BACK PEDAL, YOU MUST SHUFFLE & SLIDE BY PUSHING WITH THE FOOT OPPOSITE THE DIRECTION THAT YOU WISH TO GO. THIS IS A MOVEMENT THAT IS DIFFICULT TO MASTER AND ~~WILL~~ REQUIRE MUCH PRACTICE. BUT BY USING THIS TECHNIQUE, THE OFFENSIVE MAN WILL NOT BE ABLE TO TURN YOU OR GAIN AN INSIDE/OUTSIDE ADVANTAGE ON YOU BEFORE HIS BREAK.

- A. KNOW THE ANGLE YOU NEED TO TAKE.
- B. PUSH WITH THE FOOT OPPOSITE THE DIRECTION YOU WISH TO GO.
- C. DO NOT CROSS YOUR LEGS.

DEEP BACKS SHOULD BE ABLE TO CARRY A MAN TEN TO FIFTEEN YARDS BACK PEDALING. YOU MUST KEEP THE RECEIVER AT A DISTANCE OF TWO - THREE YARDS FROM YOU UNTIL HE MAKES HIS BREAK. FROM THERE, YOU MIGHT TURN YOUR LEGS FROM ONE SIDE OR THE OTHER AND RUN WITH HIM ON DEEP ROUTES

PRACTICE THE SHUFFLE AND GLIDE STEP EVERY DAY TO PREVENT BEING TURNED TOO SOON. MANY DEFENSIVE BACKS MAKE THE ERROR OF BACK PEDALING STRAIGHT BACK OR TURNING ON THE FIRST FAKE, RATHER THAN WAITING FOR THE SECOND OR THIRD FAKE, AND THEN BREAKING ON RECEIVE.

FOR THE DEEP BACK, THE SECRET OF GOOD PASS DEFENSE IS ALWAYS TO HAVE PROPER POSITION ON THE RECEIVER. TAKE PRIDE IN NEVER GETTING BEAT ON A DEEP ROUTE. CUT OFF AND GET IN FRONT OF ANY DEEP ROUTES AND CLOSE WITH MAXIMUM SPEED TO ALL SHORT AND MEDIUM ROUTES.

C. MAINTAIN PROPER POSITION

CONCENTRATE ON THE RECEIVER'S MID-SECTION (NUMBERS) DURING HIS RELEASE FROM THE LINE OF SCRIMMAGE. DO NOT ALLOW HIM TO GET CLOSER THAN TWO/THREE YARDS FROM YOU. MAINTAIN A GOOD VERTICAL AND LATERAL POSITION. WE LIKE FOR OUR PEOPLE TO EMPLOY TIGHT COVERAGE, BUT DO NOT GAMBLE. USE POINT VISION ON THE RECEIVER AND PERIPHERAL VISION ON THE QUARTERBACK AND FOR THE BALL. AFTER THE RECEIVER BREAKS AND ONLY AFTER YOU ARE IN STRIDE WITH THE RECEIVER SHOULD YOU LOOK BACK FOR THE BALL. PROPER POSITION IS BEST DEVELOPED IN PRACTICE.

- a. GAIN A LATERAL POSITION ON THE RECEIVER'S SHOULDER WITH A VERTICAL CUSHION OF TWO/THREE YARDS.
 - b. GAIN THIS POSITION AS RAPIDLY AS POSSIBLE AS THE RECEIVER MOVES DOWN FIELD.
 - c. NEVER LET THE RECEIVER GET IN A HEAD-UP POSITION WITH YOU OR TAKE AWAY YOUR SIDE OF TECHNIQUE, UNLESS THE SIDELINE IS BEING USED AS LEVERAGE.
 - d. NEVER LOSE YOUR VERTICAL POSITION. LEARN TO SHUFFLE AS YOU COME OUT OF YOUR BACK PEDAL.
1. CUT-OFF AND CONTROL RECEIVER ON DEEP ROUTES:
- IF A DEEP ROUTE IS RECOGNIZED:
- a) TURN AND SPRINT FOR THE DEEP RECEPTION AREA TO CUT THE RECEIVER OFF BY IMMEDIATELY GETTING IN POSITION IN FRONT OF HIM AND MAKING HIM RUN UP YOUR BACK.
 - b) DRIFT BACK INTO THE RECEIVER (PUT HIM ON YOUR BACK SHOULDER) TO CONTROL HIM AS YOU LOOK BACK OVER YOUR INSIDE SHOULDER AND FIND THE BALL. SLOW HIM DOWN UNTIL YOU FIND THE BALL THEN YOU BECOME THE RECEIVER; BEAT HIM TO THE RECEPTION AREA OR CAUSE AN OVER-THROW.
 - c) LEARN TO JUDGE AND PLAY THE BALL AT THE HIGHEST POINT. NEVER MISS A CHANCE TO PLAY THE BALL.
 - d) IF A RECEIVER GETS BEHIND YOU, 90% OF THE TIME HE WILL HAVE TO SLOW UP TO CATCH THE BALL. BY CONTINUING TO DRIVE AND CONCENTRATING ON THE RECEIVER'S HANDS, YOU WILL HAVE A GOOD CHANCE TO BREAK UP THE PASS. IF YOU LOOK BACK TO THE QUARTERBACK, THE RECEIVER WILL RUN AWAY FROM YOU.
2. CLOSE ON SHORT AND MEDIUM ROUTES
- a) GEAR YOURSELF MENTALLY TO EXPLODE TO YOUR SPOT ON THE RECEIVERS BEFORE THE BALL ARRIVES (NEVER PEEK TO QUARTERBACK ON HIS BREAK).
 - b) DRIVE FOR THE FORWARD SHOULDER OF THE RECEIVER (DEEPEST).
 - c) KEEP YOUR EYES ON THE RECEIVER AS YOU CLOSE TO YOUR SPOT. WHEN YOU DRIVE FOR YOUR PROPER SPOT, THE RECEIVER WILL HAVE TO RUN THROUGH YOU IN ORDER TO CHANGE DIRECTION. (PARALLEL ALL TAKEOFF MOVES).

- d) MOST MEN ARE BEATEN BECAUSE THEY LOOK TO QUARTERBACK ON RECEIVER'S FINAL BREAK. AFTER YOU EXPLODE TO YOUR PROPER SPOT - THEN LOOK TO THE QUARTERBACK AND FIND THE BALL. WHEN YOU LOOK TO THE QUARTERBACK ON HIS FINAL CUT - THEN EXPLODE. YOU WILL LOSE YOUR GOOD POSITION BY LETTING HIM RUN AWAY FROM YOU AND LOSE YOUR CHANCE TO PLAY THE BALL OR STRIP THE RECEIVER. ALWAYS BE IN THE PROPER POSITION TO:
 - 1) INTERCEPT.
 - 2) KNOCK THE BALL AWAY IF YOU CANNOT INTERCEPT.
 - 3) STRIP THE RECEIVER IF HE CATCHES THE BALL.
 - 4) MAKE THE TACKLE ON A COMPLETION.
- e) WHEN YOU CAN GET ONLY ONE HAND ON THE BALL, BE SURE YOU HAVE THE OTHER HAND IN POSITION TO GRAB THE RECEIVER. THIS HELPS TO PREVENT MISSING THE BALL AND LOSING YOUR CHANCE TO STRIP THE RECEIVER OR MAKE THE TACKLE IF HE CATCHES THE BALL.

D. PLAYING THE BALL

AFTER THE RECEIVER BREAKS, AND ONLY AFTER, YOU ARE IN STRIDE AND IN PROPER POSITION, SHOULD YOU LOOK BACK FOR THE BALL. WHEN THE BALL IS IN THE AIR, PLAY THE BALL, NOT THE RECEIVER. GO THROUGH YOUR POSITION WITH AUTHORITY. LEARNING TO PLAY THE BALL WHILE COVERING THE RECEIVER IS A SKILL THAT CAN BE DEVELOPED THROUGH PROPER DRILLS AND ALERT, PURPOSEFUL PRACTICES.


A FORWARD PASS IN THE AIR IS A FREE BALL AND BELONGS TO THE DEFENSIVE TEAM AS WELL AS THE OFFENSIVE TEAM. THEREFORE, ALL DEFENSIVE MEN SHOULD GO AFTER EACH BALL IN THE AIR TO INTERCEPT IT, EXCEPT IN SPECIAL CIRCUMSTANCES. PRACTICE MAKING INTERCEPTIONS WITH BOTH HANDS AT THE HIGHEST POINT. NEVER MISS A CHANCE TO GET AN INTERCEPTION. WE ARE ON THE FIELD TO GET THE BALL ANY WAY WE CAN AND NOT TO PLAY THREE DOWNS AND WALK OFF.

SPECIAL CIRCUMSTANCES:

- a) AS A GENERAL RULE, WHEN JUMPING FOR THE BALL WITH A RECEIVER THAT IS VERY GOOD AT CATCHING THE BALL AT ITS HIGHEST POINT (DETERMINED BY GAME PLAN), DEFLECT IT DOWN AND AWAY.
 - b) KNOCK DOWN A FOURTH DOWN PASS.
1. INTERCEPT - ALWAYS INTERCEPT AT THE HIGHEST POINT WITH BOTH HANDS. ATTACK THE BALL.
 - a) IF YOU "WAIT" FOR THE BALL, THE RECEIVER HAS A CHANCE TO DRIVE IN FRONT OF YOU AND EITHER CATCH THE BALL OR BAT IT AWAY FROM YOU.
 - b) PLAY THROUGH THE RECEIVER ON SHORT PASSES. BE AGGRESSIVE. ON HIGH PASSES, PLAY UP AND OVER - NEVER GO AROUND.
 - c) ALWAYS LOOK THE BALL INTO YOUR HANDS AND PUT IT AWAY WITH YOUR HAND OVER THE POINT OF THE BALL.
 - d) WHEN THE BALL IS IN THE AIR, IT BELONGS TO THE DEFENSE.
 - e) RETURN INTERCEPTION UP NEAR SIDELINE. THAT IS WHERE YOUR BLOCKERS WILL BE.

III. BASIC REMINDERS

A. SET POSITION

1. POSITION OF FEET - STAGGERED WITH YOUR OUTSIDE FOOT FORWARD, LOOKING IN TOWARDS THE QUARTERBACK AND  (OR SUPPORT KEY).
2. POSITION OF BODY AND ARMS - DROP HIPS, WEIGHT EVENLY DISTRIBUTED ON BOTH FEET, ARMS BENT AT ELBOWS, RELAXED AND ALERT. (HANDS ON HIPS OR KNEES IS AN ERROR).

B. BASIC ALIGNMENT

1. STRONG SAFETY - FIVE TO SEVEN YARDS DEEP. THE TECHNIQUE DEPENDS ON THE COVERAGE CALLED.
2. WEAK SAFETY - NINE YARDS DEEP. TAKE ALIGNMENT ACCORDING TO THE COVERAGE AND DISGUISE BY MOVING AROUND (OVER WEAK TACKLE OR CENTER).
3. CORNERS - FOUR TO SEVEN YARDS DEEP. INSIDE OR OUTSIDE TECHNIQUE DEPENDING ON THE COVERAGE CALLED.
4. BUMP AND RUN - ONE YARD DEEP AND ON THE INSIDE "V" OF RECEIVER'S NECK.

THE PRE-SNAP READ (CONCEALING BY ALIGNMENT) IS VERY IMPORTANT. WE WANT TO BE CONSCIOUS OF NOT LETTING THE QUARTERBACK PICK UP ANY INDICATION AS TO WHAT TYPE OF COVERAGE HAS BEEN CALLED BY OUR ALIGNMENT. WE WANT TO LOOK THE SAME BY ALIGNMENT WITH ALL COVERAGES. WE MAY WINDOW DRESS (MOVE AROUND) TO THROW OFF, OR GIVE THE QUARTERBACK A MIS-READ.

C. BASIC TECHNIQUES

WE PLAY FOUR TECHNIQUES: 1) OUTSIDE, 2) INSIDE, 3) HOLD AND JAM (DOS, DX, X, SPLIT RIP, ONE RIP) 4) BUMP AND RUN. TECHNIQUES VARY WITH THE COVERAGE CALLED.

1. OUTSIDE TECHNIQUE
ALIGNMENT IS A SHADE OUTSIDE OF THE RECEIVER, FOUR TO SEVEN YARDS DEEP (POST HELP).
2. INSIDE TECHNIQUE
ALIGNMENT IS A SHADE INSIDE OF THE RECEIVER, FOUR TO SEVEN YARDS DEEP (NO POST HELP).
3. HOLD AND JAM TECHNIQUE (DOS, DX, X, SP RIP, ONE RIP)
ALIGNMENT IS A SHADE OUTSIDE (WORK TO AND INSIDE/OUTSIDE TECHNIQUE ACCORDING TO COVERAGE) RECEIVER, FOUR YARDS DEEP.
4. RUNNING JAM
ALIGNMENT IS A SHADE OUTSIDE - 4-7 YARDS DEEP. TIME SNAP IN ORDER TO BE 3 YARDS FROM RECEPTION AREA AT THE SNAP. FUNNEL INSIDE OR JAM OUTSIDE ACCORDING TO COVERAGE.
5. BUMP AND RUN
ALIGNMENT IS ONE YARD DEEP AND ON INSIDE "V" OF RECEIVER'S NECK (HOLD, JAM). USE THE CORRECT ALIGNMENT, BUT DISGUISE IT TO MAKE IT LOOK DIFFERENT TO THE RECEIVERS.

D. FOOTWORK FOR POSITION

MOVE IN SUCH A MANNER AS TO ALWAYS BE UNDER CONTROL. YOU MUST WORK TO ELIMINATE ANY WASTED MOTION:

1. YOUR FIRST MOVEMENT IS A CONTROLLED BACK PEDAL. DO NOT CROSS YOUR FEET. TRY TO MAKE THE RECEIVER COMMIT HIMSELF BEFORE YOU START TO RUN WITH HIM.
2. WHEN FORCED TO RUN BEFORE THE RECEIVER COMMITS HIMSELF - MAKE SURE TO RUN UNDER CONTROL. USE A COMBINATION OF RUN, SHUFFLE, AND SLIDE, FACING THE SAME DIRECTION AS LONG AS POSSIBLE BUT MAKE THE RECEIVER "SHOW" BEFORE YOU COMMIT YOURSELF.
3. AFTER THE RECEIVER HAS COMMITTED HIMSELF, PLAY TECHNIQUE. KNOW YOUR ROUTE PROGRESSION, TO CUT-OFF AND GET IN FRONT OF THE RECEIVER ON DEEP ROUTES, OR CLOSE TO YOUR SPOT ON SHORT OR MEDIUM ROUTES.
4. WHEN THE RECEIVER CHANGES DIRECTION, (TAKE OFF) BRING YOURSELF UNDER CONTROL FOR COLLISION AND MAINTAIN TECHNIQUE.

E. POINTS TO STRESS IN COVERAGE

1. DEEP BACKS PLAY PASS FIRST, AND REACT TO RUN ON RUN KEY.
2. TAKE A GOOD STANCE, DISGUISE COVERAGE AND BE PATIENT.
3. TALK AND GIVE VISUAL SIGNALS (ESPECIALLY AS BACKS SHIFT TO/FROM EXOTIC FORMS).
4. SET YOURSELF AND KEEP LOW. MAINTAIN YOUR BACK PEDAL AS LONG AS POSSIBLE.
5. USE POINT VISION ON THE RECEIVER AND PERIPHERAL VISION TO THE BALL.
6. DO NOT GIVE GROUND RAPIDLY (IN BACK PEDAL).
7. GAIN THE PROPER TECHNIQUE ON YOUR RECEIVER AS SOON AS POSSIBLE AND STAY THERE. (AS HE MOVES DOWN FIELD TO YOU.)
8. KNOW ROUTE PROGRESSION AND STICK TO THE RECEIVER. CUT HIM OFF ON DEEP ROUTES AND EXPLODE TO YOUR SPOT BEFORE THE BALL ARRIVES ON SHORT AND MEDIUM ROUTES.
9. INTERCEPT! NEVER MISS A CHANCE TO PLAY THE BALL.
10. WORK TO ELIMINATE ANY WASTED MOTION IN MECHANICS.

IV. TACKLING TECHNIQUE - FACE IN NUMBERS KNOCK HIM BACK.

- A. FUNDAMENTAL POSITION - STEP ON HIS TOES. MOST OF THE TIME, WE MISS BECAUSE WE ARE TOO FAR AWAY.
 1. HEAD IN FRONT. MAKE HIM RUN THROUGH YOUR BODY. NO ARM TACKLING.
 2. EXPLODE INTO HIM. POP HIM. KNOCK HIM BACK. DO NOT LET HIM FALL FORWARD.
 3. GRAB CLOTH OR CLUB ARMS AROUND HIM. DRIVE LEGS HARD AND THROUGH THE BALL CARRIER.
- B. GANG TACKLE - FIRST MAN HIT THROUGH THE BALL CARRIER, SECOND MAN SHOULD SEARCH AND GET THE BALL, THIRD MAN SHOULD PUNISH. WE WANT THE BALL. TAKE IT AWAY.

- C. YOU MUST HAVE DESIRE TO MAKE THE TACKLE YOURSELF. NEVER ASSUME SOMEONE ELSE WILL - I MUST.

V. DRILLS TO DEVELOP ZONE OR MAN TO MAN PASS COVERAGE TECHNIQUES.

A. FOUR YARDS HOLD AND JAM BUDDY DRILL (DX TECHNIQUE)

1. PURPOSE

TO EMPHASIZE THE NECESSITY OF AN ALERT, BALANCED STANCE. TO CHANGE TO A PARALLEL STANCE ON THE SNAP, TO ELIMINATE THE CROSS OVER STEP AND LEARN TO PERFECT THE SHUFFLE AND JAM TECHNIQUE. TO GET A MENTAL PICTURE OF THE PERFECT DX JAM TECHNIQUE.

2. METHOD

a) RECEIVER

TAKE A THREE POINT STANCE AND ON YOUR OWN TIME, SPRINT AS HARD AS YOU CAN FOR 20 YARDS. RUN A QUICK TAKEOFF OR DRIVE UPFIELD TWO OR THREE STEPS AND CUT UNDERNEATH THE DEFENSIVE BACK.

b) DEFENDER (CORNER)

TAKE A COMFORTABLE STANCE WITH OUTSIDE FOOT UP, INSIDE FOOT BACK, HIPS DROPPED, HEAD UP, AND ARMS AT YOUR SIDE. BE ALERT AND READY TO STEP UP ON THE SNAP AND MOVEMENT OF THE OFFENSIVE MAN. OUR GOAL IN THIS DRILL IS TO:

- 1) READ FLOW: a) SHB = SUPPORT
b) WHB = ZONE BACK (O/TEC M/M)
- 2) SHUFFLE TO AN O/TECHNIQUE. WITH FEET PARALLEL.
- 3) HOLD AND GET A SOLID JAM.
- 4) FUNNEL THE RECEIVER INSIDE IF POSSIBLE.
 - (a) FADE - HOLD OFF FADE AND KNOW ROUTES OF INSIDE RECEIVERS.
 - (b) FUNNEL - HOLD OFF ZIG OUT ROUTE BY WIDE RECEIVER AND REACT UP TO ARROW/D OR SCREEN.

B. FIVE YARDS BACK PEDAL BUDDY DRILL

1. PURPOSE

TO DEVELOP THE ABILITY TO BACKPEDAL AND ESTABLISH THE ABILITY OF THE DEFENDER TO BACKPEDAL THROUGHOUT THE "MOVE AREA".

2. METHOD

a) RECEIVER

TAKE A THREE POINT STANCE AND SPRINT AS HARD AS YOU CAN UNTIL YOU GET EVEN WITH THE DEFENDER, BUT NO FURTHER THAN 20 YARDS.

b) DEFENDER

TAKE A COMFORTABLE STANCE QUICKLY, FIVE YARDS OFF AND TO THE OUTSIDE OF THE RECEIVER. DEVELOP PROPER BACKPEDALING TECHNIQUES:

- 1) GAIN AN I/TECHNIQUE ON YOUR BACK PEDAL.
- 2) OBTAIN A TWO/THREE YARD CUSHION ON THE RECEIVER AS HE MOVES DOWN FIELD.
- 3) DEVELOP PROPER SHUFFLE, SLIDE AND TURN TO THE RECEIVER AS YOU MAINTAIN CORRECT CUSHION.

C. POSITION MAINTENANCE DRILL (SHUFFLE & SLIDE)

1. PURPOSE

THIS IS A ONE-HALF TO THREE-QUARTERS SPEED DRILL DESIGNED TO GROOVE A DEFENDER'S POSITION MAINTAINING ABILITY.

2. METHOD

a) RECEIVER

AT ONE-HALF SPEED, RUN A VARYING ROUTE UP FIELD IN A SUBTLE ATTEMPT TO GAIN A HEAD UP POSITION ON THE DEFENDER.

b) DEFENDER

- 1) BACKPEDAL AND SHUFFLE TO MAINTAIN YOUR ORIGINAL LATERAL TECHNIQUE WHICH MAY BE EITHER INSIDE OR OUTSIDE. 2) BACKPEDAL AND ADJUST YOUR ORIGINAL POSITION TO GAIN AND MAINTAIN THE OPPOSITE OF YOUR ORIGINAL ALIGNMENT.

FOR EXAMPLE: OUT TO IN OR IN TO OUT.

3. COACHING POINT

STRESS PERIPHERAL VISION. USE POINT VISION ON THE RECEIVER'S MID-SECTION AND PERIPHERAL VISION TO THE BALL.

D. ROUTE PROGRESSION DRILL

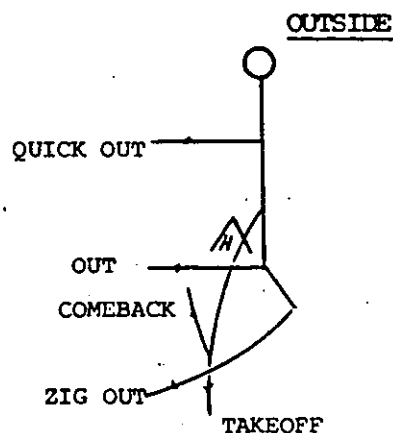
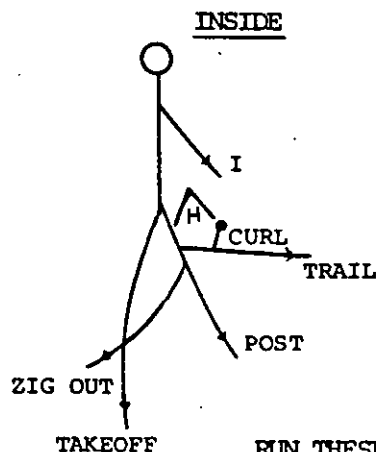
1. PURPOSE

THIS DRILL IS DESIGNED TO IMPROVE ROUTE RECOGNITION, DEVELOP PROPER CUT-OFF AND CONTROL MECHANICS ON DEEP ROUTES, AND DEVELOP PROPER CLOSE MECHANICS TO YOUR SPOT ON SHORT AND MEDIUM ROUTES.

2. METHOD

a) RECEIVER

THIS DRILL STARTS AS A THREE-QUARTER SPEED DRILL AND INCREASES AS PROFICIENCY IS DEVELOPED TO A FULL SPEED DRILL. THE RECEIVER WILL RUN A PROGRESSION OF ROUTES DETERMINED BY THE POSITION OF THE DEFENDER (SIDE OF TECHNIQUE). IF THE DEFENDER'S POSITION IS:



RUN THESE ROUTES IN PROGRESSION UNTIL AN AWARENESS OF THE PROPER CUT-OFF OR CLOSE MECHANICS ARE DEVELOPED, THEN MIX THEM UP.

b) DEFENDER

INSIDE TECHNIQUE - TAKE A POSITION 5 YARDS DEEP ON THE RECEIVER'S INSIDE SHOULDER. HAVE YOUR OUTSIDE FOOT UP AND INSIDE FOOT BACK TO GIVE YOU AN EASY INSIDE OPENING. AS THE RECEIVER COMES OFF THE LINE, BACKPEDAL AND MAINTAIN A VERTICAL POSITION ON THE RECEIVER AS WELL AS YOUR INSIDE ATTITUDE. AVOID BEING TURNED TO THE OUTSIDE. KEEP BODY ATTITUDE SO AS TO BE ABLE TO SEE QUARTER-BACK AND WIDE RECEIVER. KNOW WHERE THE WIDE RECEIVER IS GOING TO CATCH THE BALL (RECEPTION AREA) ON EACH ROUTE.

READ THE QUARTERBACK FOR THE THREE-STEP QUICK ROUTES. IF NO QUICK ROUTES SHOW, THEN FOCUS BACK ON THE RECEIVER'S MID-SECTION, MAINTAIN POSITION AND RECOGNIZE THE ROUTE.

1) IF QUICK ROUTE IS RECOGNIZED: (QB'S 3 STEP ACTION)

STOP AND CLOSE TO THE RECEIVER AS FAST AS POSSIBLE. IMMEDIATELY UPON RECOGNITION OF ANY QUICK ROUTE, FOCUS BACK ON THE RECEIVER AS YOU CLOSE TO YOUR SPOT. TAKE-OFF ROUTES ARE RUN FROM SHORT OR SHORTENED MEDIUM ROUTES AND WILL SHOW VERY FAST IF YOU HAVE YOUR EYES ON THE RECEIVER AS YOU CLOSE TO YOUR SPOT.

2) IF DEEP ROUTE IS RECOGNIZED:

TURN TO THE RECEIVER AND AS YOU START YOUR SPRINT TO THE DEEP RECEPTION AREA, GET YOUR BODY IN FRONT OF HIM TO CUT HIM OFF AND MAKE HIM RUN UP YOUR BACK.

3) IF MEDIUM ROUTE IS RECOGNIZED:

SLOW DOWN WITH A GOOD SQUARE BASE AND BE PREPARED TO CLOSE IMMEDIATELY WITH HIS CUT.

4) IF DEEP TAKE-OFF ROUTE IS RECOGNIZED:

OFF THE POST MOVE WILL COME THE ZIG OUT OR CORNER ROUTE. THIS ROUTE IS PLAYED LIKE THE POST. THIS IS TO SAY, YOU WILL HAVE STARTED YOUR SPRINT TO THE POST R.A. WHEN THE ZIG OUT SHOWS, AT WHICH TIME YOU MUST REDIRECT YOUR SPRINT TO THE CORNER RECEPTION AREA THE QUICKEST AND FASTEST WAY POSSIBLE.

THE COMEBACK OFF OF THE "TAKE-OFF" IS A QUESTION OF NOT LOSING THE RECEIVER FROM YOUR VISION AND REACTION. IT IS A TIME-CONSUMING PATTERN WHICH GIVES THE DEFENDER REACTION TIME.

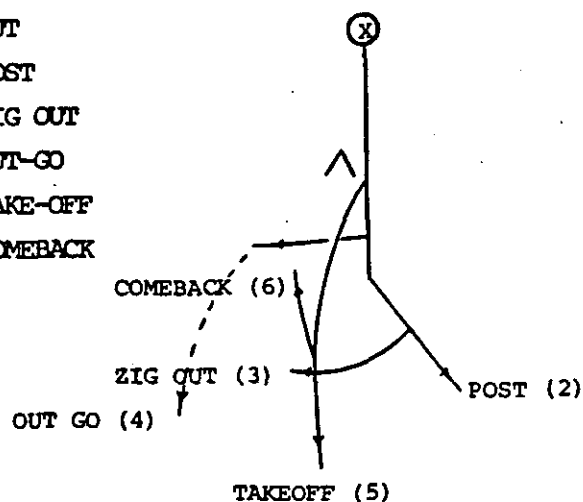
THE CROSSING PATTERN IS PLAYED LIKE ANY OTHER INSIDE ROUTE. IT SHOULD BE REMEMBERED THAT THE RECEPTION AREA IS ON THE OTHER SIDE OF THE FIELD. DO NOT TRAIL THE RECEIVER AS HE MANEUVERS AROUND THE BACKERS. TAKE A STRAIGHT LINE COURSE TO THE RECEPTION AREA. CUT-OFF THE RECEIVER, BE IN A POSITION TO MAKE AN INTERCEPTION.

IN SUMMARY, THE INSIDE TECHNIQUE MEANS YOU ARE RESPONSIBLE PRIMARILY, FOR THE INSIDE AND DEEP ROUTES OF THE RECEIVER WITH A REACTION TO THE SHORT AND MEDIUM OUTSIDE ROUTES. CLOSE TO YOUR SPOT ON ROUTES AWAY.

OUTSIDE TECHNIQUE

TAKE A POSITION FOUR TO EIGHT YARDS DEEP ON THE RECEIVER'S OUTSIDE. SEE THROUGH THE RECEIVER TO THE QUARTERBACK. YOU ARE PRIMARILY RESPONSIBLE FOR THE OUTSIDE TO DEEP. CLOSE TO THE RECEIVER ON SHORT AND MEDIUM INSIDE ROUTES. CUT-OFF AND CONTROL THE RECEIVER ON DEEP ROUTES. YOUR ROUTE PROGRESSION IS:

1. OUT
2. POST
3. ZIG OUT
4. OUT-GO
5. TAKE-OFF
6. COMEBACK



YOUR OBJECTIVE IS THE SAME AS WITH THE INSIDE TECHNIQUE:

- a. DEVELOP THE PROPER TECHNIQUES ON THE RECEIVER
- b. RECOGNIZE THE MEDIUM AND SHORT ROUTE AND CLOSE TO YOUR SPOT ON THE RECEIVER.
- c. CUT-OFF AND CONTROL THE RECEIVER ON DEEP ROUTES OF PRIMARY RESPONSIBILITY, AND GET THE BALL; OTHERWISE BREAK UP THE PATTERN.
- d. IF THE BALL IS NOT THROWN TO YOUR MAN OR AREA, REACT TO ROUTES OF SECONDARY RESPONSIBILITY.

VI. DOUBLE/SINGLE TECHNIQUE (MAN TO MAN HOLD AND JAM TECHNIQUE) (DOS)

A. PURPOSE

TO GIVE TIGHT MAN COVERAGE ON THE RECEIVERS BY OUR CORNERS AND LINE-LINEBACKERS.

B. METHOD

CORNERS - FROM YOUR ALIGNMENT (FOUR YARDS). WORK TO AN INSIDE TECHNIQUE AT OR BEFORE THE SNAP. DISGUISE. DO NOT SHOW TOO SOON. PRACTICE WILL ENABLE US TO BOTH WORK TO THE INSIDE TECHNIQUE BEFORE THE SNAP AND WORK TO THE INSIDE TECHNIQUE AT THE SNAP.

HOLD AND JAM - BUILD A WALL INSIDE THE RECEIVER AND FORCE HIM TO THE OUTSIDE. JAM HIM OUTSIDE AND GO WITH HIM MAN TO MAN (CUT OFF AND CONTROL).

DEVELOP TWO JAM TECHNIQUES:

1. TWO HAND JAM (FACE IN THE NUMBERS HEAD BUTT).
2. FOREARM SHOULDER JAM.

FORCE HIM OUTSIDE AND HANG OVER HIS INSIDE SHOULDER (CUT OFF AND CONTROL) READY TO GO WITH ANY MOVE. IF THE RECEIVER WANTS TO GET BACK TO THE INSIDE, MAKE HIM GO THROUGH YOU. DO NOT MAKE IT EASY FOR HIM BY LOSING YOUR TECHNIQUE. ONCE THE RECEIVER CLEARS YOU (TO THE OUTSIDE), CLOSE AS RAPIDLY AS POSSIBLE FOR YOUR TECHNIQUE SPOT (1-2 YDS. OFF INSIDE SHOULDER).

IF THE BALL IS THROWN OR THE RUN IS DIAGNOSED, REACT TO THE BALL OR THE RUNNER. LISTEN FOR THE CALL BY YOUR SAFETY AS TO RUN OR PASS.

C. PROGRESSION

1. WORK TO THE INSIDE TECHNIQUE WITH A PARALLEL STANCE.
2. HOLD ON INSIDE "V" OF HIS NECK. JAM THE RECEIVER AND FORCE HIM OUTSIDE, FLATTEN HIS ROUTE, AND RUN WITH HIM MAN FOR MAN (ON TOP).
3. IF HE ESCAPES, INSIDE SPRINT TO A CUT OFF SPOT INSIDE THE WIDE RECEIVER AND WALL HIM OUT. YOU MUST KEEP YOUR EYES ON HIM.
4. IF THE BALL IS THROWN OR THE RUN IS DIAGNOSED, REACT IMMEDIATELY TO THE BALL.

D. BUMP AND RUN ALIGNMENT IN DOS

THE SAME TECHNIQUE AS DESCRIBED IN OUR DRILLS TO DEVELOP THE BUMP AND RUN MAN TO MAN PASS COVERAGE TECHNIQUES.

E. JAM RULE

PERMITS DEFENDERS TO MAINTAIN CONTACT ON THE RECEIVERS IN A FIVE YARD ZONE BEYOND THE LINE OF SCRIMMAGE, BUT RESTRICTS THEIR CONTACT ON THE RECEIVERS BEYOND THAT POINT. NO JAM BEYOND FIVE YARDS.

VII. BUMP AND RUN TECHNIQUE

A. PURPOSE

THIS IS A TIGHT COVERAGE TECHNIQUE USED AT THE GOAL LINE OR IN THE FIELD TO TAKE AWAY QUICK PASSING AND AFFORD A CHANGE-UP TECHNIQUE.

B. STANCE

FACE THE RECEIVER WITH YOUR FEET PARALLEL TO LOS AND YOUR WEIGHT EQUALLY BALANCED ON THE BALLS OF YOUR FEET (FOR QUICK MOVEMENT Laterally AND TO INSURE A JAM).

C. METHOD

ASSUME A TIGHT INSIDE TECHNIQUE ON THE RECEIVER, GENERALLY OVER THE INSIDE "V" OF HIS NECK AND ONE YARD DEEP. FACE THE RECEIVER, FOCUS ON HIS CHEST AND CONCENTRATE ON HIM ALONE. DO NOT BE OFFSIDE. YOU MAY CAMOUFLAGED YOUR LOCATION AND MOVE TO THE BUMP AND RUN POSITION AT THE LAST MOMENT, BUT DO NOT BE CAUGHT MOVING FORWARD AT THE SNAP. MAKE SURE YOU ARE IN PROPER POSITION AT THE SNAP. IT IS ADVISABLE TO OCCASIONALLY ASSUME THE BUMP AND RUN POSITION AND THEN MOVE TO YOUR NORMAL MAN TO MAN COVERAGE POSITION. THIS WILL SERVE TO CONFUSE THE RECEIVER AS TO WHAT YOUR FINAL POSITION AND TECHNIQUE WILL BE.

D. EXECUTION - LET THE RECEIVER COME TO YOU. YOU MUST GET A JAM!

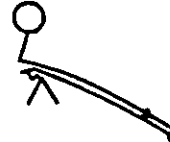
BE PATIENT! IF THE RECEIVER IS RELEASING INSIDE, FORCE TO THE OUTSIDE, IF POSSIBLE, BY DELIVERING A DOUBLE HAND SHIVER IN A RISING MANNER UP AND UNDER THE RECEIVER'S SHOULDER PADS ON YOUR SECOND OR THIRD STEP. DO NOT LUNGE AT THE RECEIVER. STAY LOW AND BE PATIENT. IF THE RECEIVER IS RELEASING OUTSIDE, DO NOT ATTACK THE RECEIVER, BUT MAINTAIN AND WAIT FOR HIM TO COMMIT HIMSELF TO A DIRECTION AND TAKE A CUT-OFF PATH TO MAKE CONTACT. JAM HIM TO KNOCK HIM OFF STRIDE AND WORK TO GET IN FRONT (ON TOP) OF ANY INSIDE OR DEEP ROUTE HE MAY ATTEMPT. STAY TIGHT ON OUTSIDE ROUTES AND CROWD HIM (TAILGATE AT GOAL LINE) AT THE GOAL LINE, MAKE IT DIFFICULT FOR HIM TO GET INTO THE END ZONE. DELAY HIM AS MUCH AS POSSIBLE. HOLD, JAM, AND DO NOT GIVE HIM FREE ACCESS TO THE END ZONE. AS HE CROSSES THE GOAL LINE, HOWEVER, MOVE TO A POSITION BETWEEN THE RECEIVER AND THE PASSER. GET THE FOOTBALL...

OUTSIDE RELEASE (FADE)



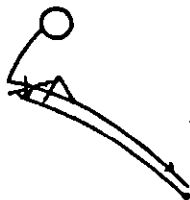
SHUFFLE, CROSS OVER AND SPRINT TO CUTOFF POINT. (IN FRONT) (KEEP I/LEVERAGE) CONTACT AND GET ON TOP AND IN FRONT.

INSIDE RELEASE (I)



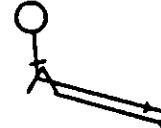
OPEN - CONTACT, CROSS OVER AND RIDE HIM.

FAKE OUT AND IN



SHUFFLE JAM (FORCE HIM OFFSIDE IF POSSIBLE) AND MAINTAIN CONTACT FOR FIVE YARDS. GET UNDERNEATH OF INSIDE ROUTES AND FACE THE RECEIVER. NEVER TRAIL HIM.

DRIVE AND IN



JAM AND TRY TO FORCE HIM OUTSIDE. IF YOU CAN'T GET HIM OUTSIDE, RIDE HIM DOWN THE LINE FOR FIVE YARDS. GO WITH HIM WHEN YOU LOSE CONTACT. STAY IN FRONT.

IN SUMMARY:

1. LET THE RECEIVER COME TO YOU. BE PATIENT.
2. SQUARE STANCE FOR QUICK LATERAL MOVEMENT.
3. ALWAYS GET A JAM. GET HANDS ON RECEIVER AND STOP DOWNFIELD PROGRESS.
4. DO NOT LET HIM RELEASE INSIDE WITHOUT JAM.
5. ON FADE JAM AND SPRINT TO GET IN FRONT OF HIS INSIDE SHOULDER AND CROUD HIM INTO THE SIDE LINE.

VIII. DEFENSIVE BACKS - TYPES OF INDIVIDUAL PASS TECHNIQUES

A. TECHNIQUES OF MAN TO MAN COVERAGE

1. ALIGNMENT - 1-2 YARDS ON OUTSIDE SHOULDER OF RECEIVER, 4 TO 7 YARDS DEEP (THE DEFENSE CALLED WILL DESIGNATE THE EXACT DEPTH) WITH OUTSIDE FOOT FORWARD.
2. KEY - FOR END RUN FORCE OR PASS COVERAGE (KEYS MAY VARY VS. CERTAIN OPPONENTS).
3. CONCENTRATE - AFTER YOU HAVE YOUR KEY, TURN YOUR EYES BACK TO THE RECEIVER AND CONCENTRATE YOUR ATTENTION ON HIS NUMBERS UNTIL HE MAKES HIS FINAL MOVE.
4. BACKPEDALING - BACKPEDAL STRAIGHT BACK WITH SHOULDERS PARALLEL TO LINE OF SCRIMMAGE, WEIGHT ON BALL OF THE FEET, GOOD BALANCE.
5. POSITION - GAIN A POSITION ON RECEIVER 1 YARD OUTSIDE AND 2 TO 3 YARDS OFF RECEIVER (MOVING DOWNFIELD). GAIN THIS POSITION AS RAPIDLY AS POSSIBLE.
6. DRIVE - WHEN RECEIVER HAS MADE HIS FINAL BREAK, PUSH YOURSELF TO STEP QUICKLY WITH HIS BREAK, STILL CONCENTRATING ON THE RECEIVER.
7. IN STRIDE - ONCE YOU HAVE MADE YOUR DRIVE AND ARE IN STRIDE WITH THE RECEIVER STEP FOR STEP, THEN LOOK FOR THE BALL THROUGH THE RECEIVER.
8. THE BALL - WHEN THE BALL IS IN THE AIR ALWAYS BE IN A POSITION TO EXPLODE THROUGH THE RECEIVER OR BE IN A POSITION TO STEP IN FRONT OF THE RECEIVER TO TAKE THE BALL AT ITS HIGHEST POINT.

COACHING POINTS OF MAN TO MAN COVERAGE

1. ALIGNMENT:
 - a. USE A BASKETBALL STANCE, WEIGHT EVENLY DISTRIBUTED ON BALLS OF FEET, KNEES FLEXED, GOOD BALANCE.
 - b. USE THE SIDELINE TO YOUR ADVANTAGE WHEN POSSIBLE.
 - c. PLAY CORRECT ALIGNMENT BUT MAKE IT LOOK DIFFERENT TO RECEIVER.
2. KEY:
 - a. RECOGNIZE FORMATION AND LOCATE YOUR KEY.
 - b. DEVELOP ABILITY OF RAPIDLY KEYING AND COMING BACK TO RECEIVER.
 - c. EXPERIENCE WILL ENABLE YOU TO USE SECONDARY KEYS TO YOUR ADVANTAGE.
 - d. LEARN TO READ THE QUARTERBACK FOR THE THREE-STEP QUICK ROUTES.
 - e. LEARN TO USE YOUR PASS KEYS ON PASS SITUATION.

3. CONCENTRATION:

- a. IGNORE EVERYTHING BUT THE RECEIVER - DO NOT LET ANYTHING DISTRACT YOU FROM THE RECEIVER YOU ARE COVERING.
- b. DISCIPLINE YOURSELF TO CONCENTRATE ON A RECEIVER.
- c. BEING ABLE TO CONCENTRATE ON A RECEIVER IS 75% OF M/M COVERAGE.

4. BACKPEDAL:

- a. KEEP WEIGHT ON BALLS OF FEET, GOOD BALANCE.
- b. USE ARMS TO ASSIST EASE OF MOVEMENT.
- c. WEIGHT DISTRIBUTED EVENLY SO YOU CAN DRIVE OR MOVE Laterally WITH EASE OF MOVEMENT.

5. POSITION:

- a. NEVER LET RECEIVER GET IN A HEAD UP POSITION WITH YOU.
- b. HB - AT A POINT NO DEEPER THAN 7 YARDS DOWNFIELD, POSITION YOURSELF IN A 2 TO 3 YARD GAP FROM RECEIVER, STILL MAINTAINING YOUR ORIGINAL OUTSIDE POSITION.
- c. KEEP POSITION ON SHOULDER OF RECEIVER.
- d. MAKE YOURSELF STRONG ON ONE SIDE OR OTHER OF RECEIVER.
- e. SAFETY - AT A POINT NO DEEPER THAN 8 YARDS DOWNFIELD, POSITION YOURSELF IN A 2 YARD GAP FROM RECEIVER, STILL KEEPING YOUR ORIGINAL OUTSIDE POSITION.
- f. BE CONSCIOUS OF CHUCK BY SAM LINEBACKER.

6. DRIVE:

- a. WHEN YOU DRIVE WITH RECEIVER AND HE CHANGES DIRECTION, BE IN A POSITION SO THAT HE HAS TO MAKE CONTACT WITH YOU IN ORDER TO MAKE THAT CHANGE.
- b. GEAR YOURSELF MENTALLY TO EXPLODE ON FINAL BREAK OF RECEIVER.

7. THE BALL:

- a. AS YOU EXPLODE THROUGH RECEIVER AT THE SAME TIME THE BALL ARRIVES, STRIP THE RECEIVER.
- b. ON A DEEP MOVE WHEN YOU ARE FORCED BETWEEN THE RECEIVER AND THE BALL, BE SURE YOU CAN FEEL THE RECEIVER.
- c. WHEN YOU GET ONLY ONE HAND ON THE BALL BE SURE YOU HAVE THE OTHER HAND IN POSITION TO GRASP RECEIVER.

B. M/M BLITZING

- 1. ALIGNMENT - TAKE AN INSIDE SHOULDER POSITION 5 YARDS DEEP. (G.L. TAKE INSIDE SHOULDER POSITION 2-3 YARDS DEEP.)
- 2. KEY - KEY RECEIVER FOR RUN AND PASS.
- 3. BACKPEDAL
 - a. BACKPEDAL STRAIGHT BACK WITH SHOULDERS PARALLEL, WEIGHT ON BALLS OF FEET. DO NOT GIVE GROUND RAPIDLY.
 - b. YOU DO HAVE THE OPTION TO GAIN AN INSIDE SHOULDER POSITION IN YOUR BACKPEDAL.

4. POSITION:

- a. IF YOU STAY OUTSIDE SHOULDER TO HEAD UP, BE READY TO JUMP ANY INSIDE MOVE OF RECEIVER. YOU SHOULD BE 2 YARDS OFF OF RECEIVER AFTER HE HAS COME OFF 4 YARDS.
- b. IF YOU BACKPEDAL TO INSIDE SHOULDER, YOU MUST STILL GAIN THE SAME POSITION AS ABOVE. YOU NOW DON'T HAVE TO BITE AS HARD ON INSIDE MOVE BUT MUST DRIVE HARD ON THE CORNER MOVE.
- c. G.L. GAIN INSIDE POSITION IMMEDIATELY.

5. DRIVE - DRIVE ON RECEIVER ON FIRST BREAK. COVER TIGHT.

C. ZONE COVERAGE

1. ALIGNMENT - 1-2 YARDS ON OUTSIDE SHOULDER OF RECEIVER 4-7 YARDS DEEP, (THE DEFENSE CALLED WILL DESIGNATE THE EXACT DEPTH) WITH OUTSIDE FOOT FORWARD. (SAME AS M/M)
2. KEY - KEY FOR END RUN FORCE OR PASS COVERAGE (KEYS MAY VARY VS. CERTAIN OPPONENTS OR COVERAGE).
3. DROP - BACKPEDAL INTO YOUR AREA WHICH IS DESIGNATED BY THE DEFENSE.
4. FOCUS - FOCUS YOUR ATTENTION ON THE BALL AND THE RECEIVER.
5. POSITION - PUT YOURSELF IN A POSITION WITHIN YOUR AREA WHICH ENABLES YOU TO PLAY THE BALL PERFECTLY TO ALL POINTS OF YOUR AREA.
6. THE BALL - WHEN THE BALL IS IN THE AIR, DRIVE TO MEET IT AT ITS HIGHEST POINT OR "STRIP" RECEIVER.

COACHING POINTS IN ZONE TECHNIQUES

1. ALIGNMENTS:

- a. IF YOU HAVE A SHORT ZONE, YOUR ALIGNMENT CAN VARY ON THE RECEIVER ONLY TO THE POINT THAT YOU CAN COVER YOUR ZONE SUCCESSFULLY.
- b. USE SIDELINE TO ADVANTAGE WHEN POSSIBLE.

2. KEY: MOVE QUICKLY TO YOUR ZONE AND SET UP ONCE YOU HAVE YOUR KEY.

3. DROP:

- a. FROM YOUR ALIGNMENT, DROP INTO YOUR ZONE THE EASIEST WAY POSSIBLE. DO NOT LOSE SIGHT OF QUARTERBACK OR THE BALL.
- b. KEEP GOOD BALANCE, AND WEIGHT EVENLY DISTRIBUTED ON BALLS OF FEET.

4. FOCUS: BE CONSCIOUS OF THE RECEIVERS PASSING THROUGH YOUR AREA, USE PERIPHERAL VISION.

5. POSITION:

- a. ALWAYS PLAY YOUR ZONE, YOUR POSITION.
- b. (HB) BE CONSCIOUS OF WIDE MAN WHEN YOU ARE IN SHORT AREA.

6. THE BALL: ZONE COVERAGE IS 100 PERCENT BALL REACTION.

IX. HOLD AND JAM TECHNIQUE (DX, X, WX, SP-RIP, ONE-RIP, COVERAGE.)

A. PURPOSE

TO DELAY HIS RELEASE, DESTROY THE PATTERN, KNOCK THE OPPONENT OFF BALANCE AND RE-ROUTE THE RECEIVER TO TEMPORARILY COVER HIM AND TO KEEP HIM FROM GETTING DOWN FIELD FREE.

B. METHOD FOR HOLD AND JAM - OUTSIDE TECHNIQUE

1. TAKE AN INSIDE TECHNIQUE ALIGNMENT. WORK TO AN OUTSIDE TECHNIQUE ON THE RECEIVER FOUR TO FIVE YARDS DEEP, SHADE OUTSIDE. THIS CAN BE DONE BEFORE THE SNAP OR AT THE SNAP. PRACTICE AND REPETITION WILL ENABLE US TO USE BOTH OF THESE METHODS.
2. TAKE AN OUTSIDE TECHNIQUE ALIGNMENT FOUR TO FIVE YARDS DEEP, A SHADE OUTSIDE OF THE RECEIVER. HOLD, JAM, AND FUNNEL THE RECEIVER INSIDE.

C. METHOD FOR HOLD AND JAM - HEAD UP

1. HOLD

FEET SQUARED AND FACING THE RECEIVER WITH HIPS LOW AND BODY UNDER CONTROL. BE READY TO MOVE Laterally WITH A SHUFFLE AS THE RECEIVER APPROACHES YOU, MAINTAINING THE OUTSIDE OR INSIDE "V" OF NECK ALIGNMENT. (THIS IS SIMILAR TO OUR FACE IN THE NUMBERS TRACKING TECHNIQUE.) KEEP HEAD LOW AND SEE ROUTE OF INSIDE RECEIVERS. (TE, SB, OR WB)

2. JAM

PICK OUT A SPOT (NUMBERS). HIT THE RECEIVER SOLID WITH FOREARM, SHOULDER, OR DOUBLE HAND JAM. KNOCK HIM OFF STRIDE. FLATTEN OUT HIS ROUTE.

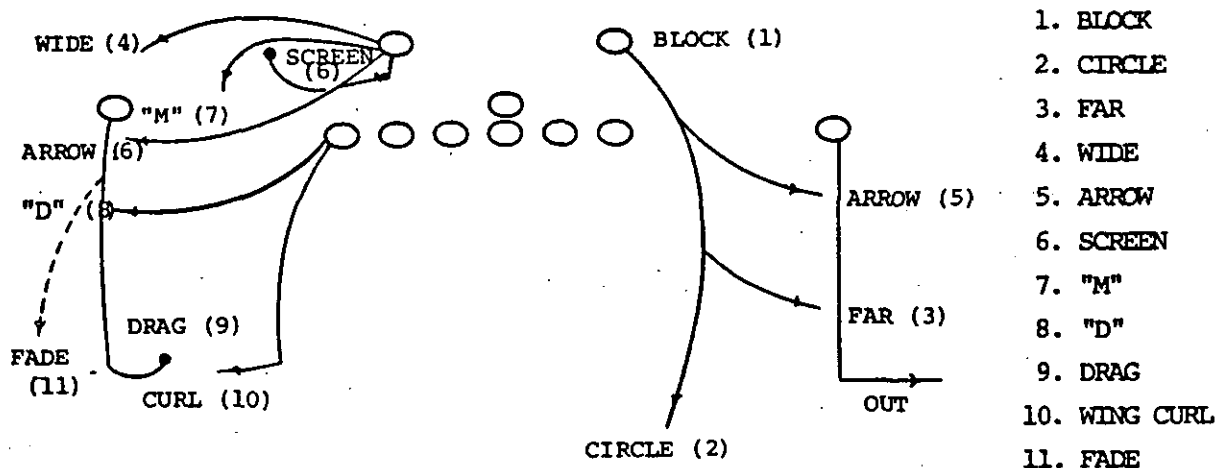
- a) FORCE OR FUNNEL ACCORDING TO THE COVERAGE.
- b) DO NOT LUNGE AT THE RECEIVER. IF YOU MISS, THERE IS NO SECOND CHANCE. BE UNDER CONTROL.
- c) DO NOT MOVE FORWARD TO MEET HIM. HE HAS TO COME TO YOU TO BE ABLE TO GET DOWN FIELD.
- d) GETTING SOLID CONTACT IS THE MAIN OBJECTIVE.

3. AFTER JAM

- a) MOVE TO YOUR RESPONSIBILITY. READ AS YOU MOVE. KNOW ROUTE OF INSIDE RECEIVERS (TE, SB, OR WB).
- b) IF THE INSIDE RECEIVER RUNS A FLAT ROUTE, HOLD OFF CURL AND BE ALERT TO REACT UP WHEN THE BALL IS THROWN.
- c) IF NO RECEIVER IS IN THE FLAT, CONTINUE ON DEEP TO YOUR RESPONSIBILITY. BE ALERT FOR SCREEN
- d) IF THE BALL IS THROWN, REACT BACK TO THE BALL IMMEDIATELY. A SPLIT SECOND DELAY IN REACTING BACK TO THE BALL CAN BE THE DIFFERENCE BETWEEN NO GAIN OR A FIVE YARD GAIN.

THE SUCCESS OF SOME COVERAGES DEPEND LARGELY ON THE SUCCESS OF OUR LINEBACKERS AND SECONDARY MEN GETTING THE JOB DONE BY ANY OF OUR JAM TECHNIQUE. BY NOT ALLOWING THE RECEIVERS TO GET DOWN FIELD AT WILL, YOU MAKE THE QUARTERBACK LOOK ELSEWHERE TO THROW; OR BETTER YET, YOU MAKE HIM HESITATE, AND THAT GIVES OUR LINEMEN A CHANCE TO GET TO HIM.

KNOW ROUTES OF INSIDE RECEIVERS



PROGRESSION

1. HOLD
2. JAM
3. MOVE TO YOUR RESPONSIBILITY, READING AS YOU MOVE.
4. IF THE INSIDE RECEIVER IS IN THE FLAT (TE, SB, WB, OR BOTH BACKS), BE ALERT TO REACT UP WHEN THE BALL IS THROWN.
5. IF NO RECEIVER IN FLAT; CONTINUE TO THE INSIDE SLOT AREA. BE ALERT FOR SCREEN DX, SP-RIP, ONE-RIP, STAY WIDE.
6. IF THE BALL IS IN THE AIR, REACT TO THE BALL IMMEDIATELY.

SUPPORT

COVERAGE	SUPPORT SS	SUPPORT W/S VS. NEAR
1-RIP-JET "I"	BACKER OR SAFETY	CORNER
WING	SAFETY	CORNER
SPLIT	BACKER, SAFETY	CORNER
SPLIT - RIP	CORNER	CORNER
SPLIT - (SLOT, JET, FLEX)	BACKER, SAFETY	CORNER
ARIZONA	CORNER	CORNER
FREE, MIKE FREE, FREE WEAK	BACKER, SAFETY	CORNER
DOS SINGLE	BACKER	BACKER
X	CORNER	CORNER
SX	SAFETY	CORNER
SAX	BACKER	CORNER
SLIDE - X	CORNER	BACKER
WX	BACKER	CORNER
WSX	BACKER	NEAR = CORNER (WX)
WIX	BACKER	CORNER (WX)
DX	CORNER	CORNER
PETE	SAFETY	BACKER
43 5¢ X	SAFETY, CORNER, BACKER	CORNER
43 5¢ SPLIT ONE	BACKER, SAFETY	CORNER
43 5¢ DX	CORNER	CORNER
34 FREE SX, WX	DEFENSE	DEFENSE
34 PURPLE SX	SAFETY	CORNER
34 ZEKE X, SX	CORNER, SAFETY	CORNER
34 ZEKE WX	BACKER	CORNER
34 ZEKE DX	CORNER	CORNER
34 ZEKE DOS	BACKER	BACKER
6-1 BLITZ	SAFETY, BACKER	CORNER
WEAK BLITZ	SAFETY, BACKER	CORNER
STRONG BLITZ	SAFETY	BACKER

SUPPORT ASSIGNMENTS vs. END RUN AND RUN/PASS

OUR SECONDARY AND LINEBACKERS HAVE THE RESPONSIBILITY OF STOPPING THE END RUN AND RUN/PASS. THE PRIMARY SUPPORT MAN CAN BE EITHER THE BACKER, SAFETY, OR CORNER, DEPENDING ON COVERAGE. THIS IS NOT A DIFFICULT ASSIGNMENT IF YOU WILL FOLLOW THE PROPER PATTERN OF DEFENSE. OUR TEAM'S DEFENSIVE PATTERN WILL HAVE THREE ELEMENTS:

1. PRIMARY SUPPORT MAN
2. CUT-BACK MAN
3. RUN/PASS OR SECONDARY SUPPORT MAN

IF THESE THREE ELEMENTS ARE PROPERLY EXECUTED, THE END RUN AND RUN/PASS WILL BE STOPPED. THE FINAL INGREDIENT TO A SUCCESSFUL END RUN DEFENSE IS GOOD PURSUIT AND GANG TACKLING BY THE REMAINING EIGHT DEFENSIVE PLAYERS.

PRIMARY SUPPORT MAN

THIS TERM DESCRIBES THE RESPONSIBILITY OF MEETING THE END RUN IN ITS FORMATIVE STAGE - MAKING THE TACKLE, FORCING THE CUT-BACK, OR DRIVING THE BALL CARRIER DEEP SO THAT HE IS VULNERABLE TO PURSUIT. THE PRIMARY SUPPORT MAN CAN BE EITHER THE BACKER, SAFETY, OR CORNER, DEPENDING ON THE FORMATION AND THE COVERAGE CALL. EXAMPLE: BACKER SUPPORT.

- A. KEY
READ PROGRESSION, AND REACT QUICKLY TO MEET THE LEAD BLOCKER BEFORE HE CAN TURN UPFIELD.
- B. TECHNIQUE
 1. REACT QUICKLY AND TOUGH TO CLOSE THE CUT-BACK AREA. MEET THE LEAD BLOCKER BEFORE HE CAN TURN THE CORNER.
 2. FORCE THE LEAD BLOCKER TO COMMIT HIMSELF. CAUSE A DECISION.
 3. CAUSE THE BALL CARRIER TO CUT-BACK. SHRINK THE CUT-BACK AREA.
 4. DRIVE THE BALL CARRIER DEEP. MAKE THE TACKLE OR STRING IT OUT TO THE SIDELINE.
 5. TO ACCOMPLISH THE ABOVE, YOU MUST STAY ON YOUR FEET.

CUT-BACK MAN

THIS TERM DESCRIBES THE AREA BETWEEN THE PRIMARY SUPPORT MAN AND THE FIRST INSIDE PURSUIT MAN. THE CUT-BACK MAN CAN BE EITHER THE BACKER, SAFETY, OR CORNER, DEPENDING ON THE FORMATION AND COVERAGE CALL.

- A. KEY
READ PROGRESSION. YOUR KEY WILL DETERMINE SWEEP. THE TYPE SUPPORT DICTATES CUT-BACK RESPONSIBILITY.
- B. TECHNIQUE
 1. CONTROL THE BLOCKER AT THE LINE OF SCRIMMAGE OR AT THE BLOCKER'S DEPTH. TWO-GAP RESPONSIBILITY.
 2. STAY SQUARE ON THE BLOCKER. DO NOT TAKE A SIDE.

3. WORK OUT ALONG THE LINE. BE IN POSITION TO MAKE THE TACKLE INSIDE OR OUTSIDE.

RUN/PASS OR SECONDARY SUPPORT MAN

THIS TERM DEFINES THE TYPE OF PLAY WE WANT FROM OUR DEEP PEOPLE WHO ARE RESPONSIBLE FOR THE PASS FIRST, RUN/PASS, OR PLAY PASS. IT IS ALSO THE TACKLING OF THE BALL CARRIER WHEN THE REST OF THE TEAM HAS FAILED TO DO SO.

- A. KEY
SEE WING. IF HE RELEASES, COVER. IF HE BLOCKS (THROWS) ON OUR PRIMARY SUPPORT MAN, SUPPORT FROM THE OUTSIDE/IN (REPLACE).
- B. TECHNIQUE
WHEN THE RUN IS DEFINITE, ALWAYS PLAY THE PASS FIRST.
 1. MOVE TO A POSITION TO COVER THE WING ON RUN/PASS.
 2. ON THE BLOCK OF THE WING ON OUR PRIMARY SUPPORT MAN, REPLACE SUPPORT FROM THE OUTSIDE/IN. SHUFFLE IN A POSITION TO SEE THE WING BLOCK. DO NOT GUESS AND GIVE UP AN EASY TOUCHDOWN.

SUPPORT KEY AND PROGRESSION (SAFETY SUPPORT OR CORNER SUPPORT)

- A. KEY
THE TIGHT END (NEAR) BLOCKS, PULLING LINEMAN AND/OR THE FLOW OF BACKS.
- B. RESPONSIBILITIES
 1. IF THE TIGHT END BLOCKS AND THE LINEMEN PULL OR FLOW IS YOUR WAY, MOVE UP AND SUPPORT AGGRESSIVELY. JAM THE LEAD BLOCKER WITH YOUR INSIDE SHOULDER. SHRINK THE CUT-BACK AREA.
 2. IF THE NEAR BACK RELEASES, COVER HIM MAN TO MAN, UNLESS COVERAGE DICTATES OTHERWISE.
 3. IF THE TIGHT END (NEAR) RELEASES, COVER HIM MAN TO MAN UNLESS THE COVERAGE DICTATES OTHERWISE.

BACKER SUPPORT - STRONGSIDE VS. CLOSE WING

SAM - PRIMARY SUPPORT MAN - ALIGN OUTSIDE OF TIGHT END TO INSIDE OF WING. THIS ALIGNMENT WILL ALLOW YOU TO BEAT THE CRACKBACK AND/OR FORCE THE WING TO COMMIT. ON THE SNAP, STEP OUT AND READ PROGRESSION AND DETERMINE SWEEP OR OFF TACKLE. ON SWEEP, GET PENETRATION UPFIELD AND FORCE THE WING TO COMMIT QUICKLY TO BLOCK YOU. IF WING DOES NOT CRACKBACK ON YOU, CONTAIN AS YOU WOULD IN NORMAL BACKER SUPPORT.

IF THE WING AND TIGHT END DOUBLE TEAM YOU, MAKE A PILE TO THE WING'S BLOCK.

S/S - CUT-BACK MAN - READ PROGRESSION. IF KEY BLOCKS, REACT FOR RUN. ON SWEEP, SUPPORT INSIDE FOR CUT-BACK. TAKE ON LEAD BLOCKER WITH INSIDE SHOULDER.

ALWAYS BE PREPARED TO ADJUST FOR

SPILLAGE IF WING CRACKS ON SAM.

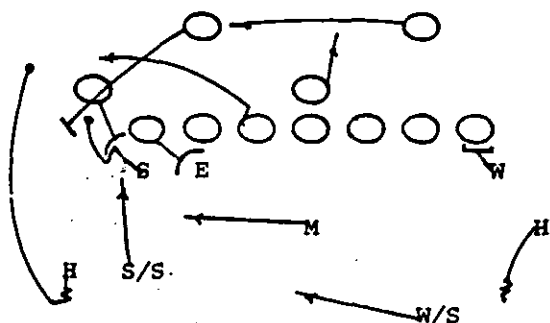
S/HB - RUN PASS OR SECONDARY SUPPORT - TAKE ALIGNMENT THAT WILL ALLOW YOU TO SEE THE TIGHT END, WING AND BACKFIELD ACTION. PLAY THE PASS FIRST FROM A SHADE OUTSIDE POSITION ON THE WING. YOUR COVERAGE RESPONSIBILITY WILL REMAIN THE SAME AS PRESCRIBED IN THE COVERAGE CALLED. VS. THE RUN, SEE THE BLOCK, THEN SUPPORT. IF YOUR ASSIGNMENT IS THE WING M/M, THIS WILL NOT CHANGE AND YOU WILL KEY WING AND REPLACE ON HIS CRACK. IF YOUR ASSIGNMENT IS THE DEEP OUTSIDE ZONE (SAX), THIS WILL NOT CHANGE EITHER. NOW YOU MUST SEE THE BLOCK OF THE TIGHT END THEN WING. IF EITHER RELEASES, ZONE BACK.

1. TE BLOCKS AND WING BLOCKS S/S. YOU HAVE CUT-BACK.

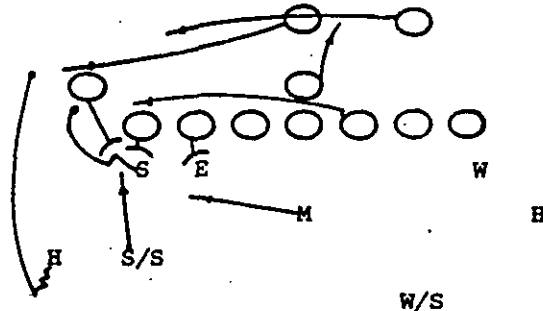
2. TE BLOCKS AND WING BLOCKS SAM IN, THEN YOU HAVE PRIMARY SUPPORT (REPLACE).

W/S - (REVOLVE) TO CARRY OUT YOUR ASSIGNMENT AS DEFINED BY OUR DEFENSE CALLED. KEY TRIANGLE AND PURSUE PARALLEL TO THE LINE OF SCRIMMAGE ON SURE RUN.

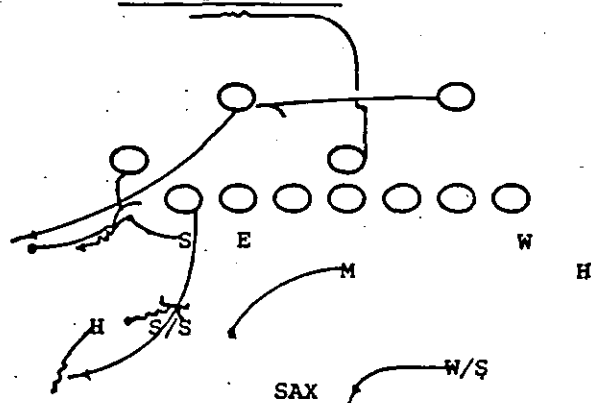
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38 POWER SOLID

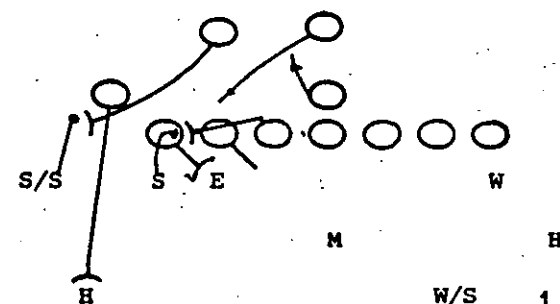


238 CB Y CORNER



16 GEORGE

NOTE: YELLOW - CLOSE WING SAFETY SUPPORT.



SAFETY SUPPORT - STRONGSIDE (SX, SPLIT, WING)

V/S - PRIMARY SUPPORT MAN - TAKE ALIGNMENT THAT WILL ALLOW YOU TO BEAT CRACKBACK. IF PASS RESPONSIBILITY WILL NOT ALLOW THIS POSITION, YOU MUST CALL "CORNER" (SIX YARDS OR UNDER). READ PROGRESSION, REACT TO RUN, AND MEET LEAD BLOCKER AS QUICK AND TOUGH AS POSSIBLE. FORCE BALL CARRIER TO MAKE A SHARP CUT-BACK TO INSIDE. IF BALL CARRIER CONTINUES WIDE, DRIVE DEEP AND STRING IT OUT TO SIDELINE. TO ACCOMPLISH THE ABOVE, YOU MUST STAY ON YOUR FEET.

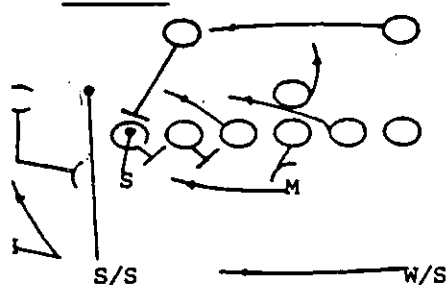
SAM - CUT-BACK MAN - READ PROGRESSION. ATTACK BLOCKER (TE, PULLING LINEMAN) AT HIS DEPTH, AND CONTROL HIM. TWO-GAP RESPONSIBILITY. DO NOT TAKE A SIDE UNTIL RUNNER COMMITS. COACHING POINT: TE BLOCKS ON YOU AND RELEASES FOR RUN/PASS, STAY WITH HIM MAN TO MAN (USUALLY SHORT YARDAGE SITUATION). TE RELEASE - AUTOMATIC BACKER SUPPORT (SEE SAM KEYS - INDIVIDUAL SECTION).

S/HB - RUN/PASS OR SECONDARY SUPPORT - PASS FIRST, SEE THE BACKFIELD ACTION AND WING IF HE RELEASES, COVER. IF HE CRACKS (THROWS) ON S/SAFETY, SUPPORT TO CONTAIN END RUN (REPLACE).

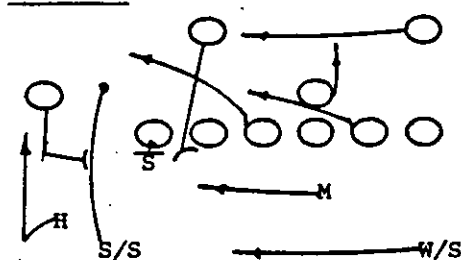
W/S - PLAY PASS FIRST AND BE READY TO REVOLVE TO DEEP MIDDLE. PLAY RUN SECOND - KEY TRIANGLE. ON SURE RUN, PURSUE PARALLEL TO LOS. SUPPORT FROM INSIDE OUT.

NOTE: S/S - ON SX VS. A CLOSE WING, YOU MAY CALL "CORNER". THIS ONLY INVOLVES YOU AND THE CORNER. OUR SUPPORT PATTERN IS NOW "CORNER". RUN DOWN SITUATION - WE MAY USE BACKER OR SAFETY SUPPORT. SAM ON SAFETY SUPPORT - CALL "LOOSE". WHEN POSSIBLE.

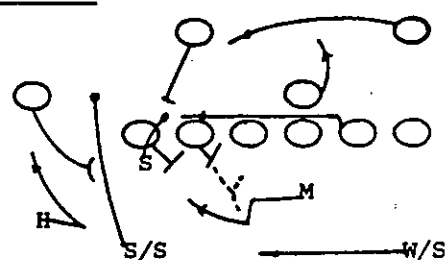
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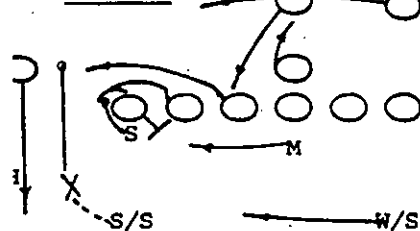
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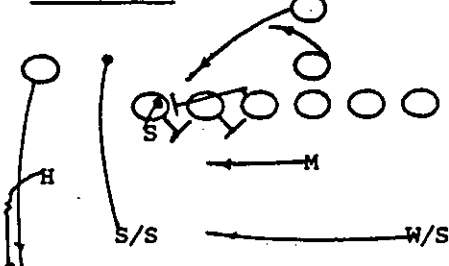
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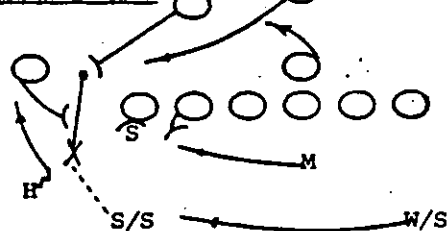
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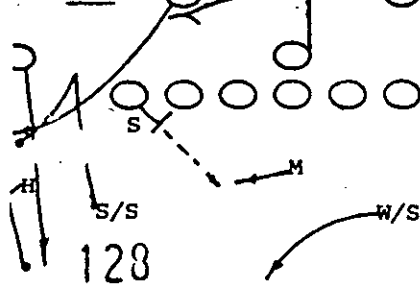
16 GEORGE



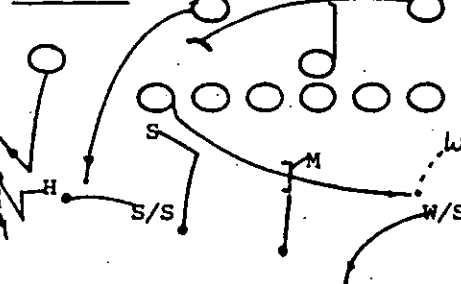
18 STRAIGHT



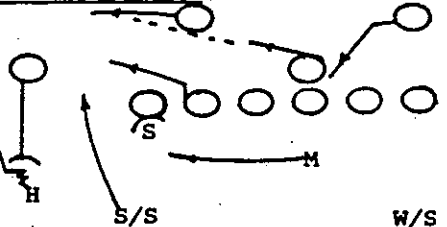
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338 WK



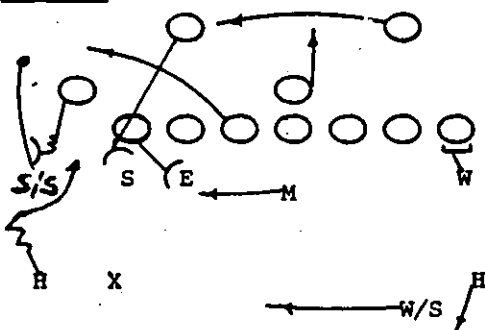
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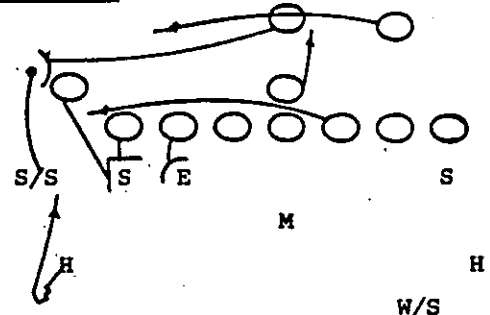
SAFETY SUPPORT - STRONGSIDE VS. CLOSE WING

- S/S - PRIMARY SUPPORT MAN** - TAKE ALIGNMENT THAT WILL ALLOW YOU TO BEAT THE CRACKBACK, AND TO FORCE THE WING TO COMMIT. THE PURPOSE OF THIS TYPE OF SUPPORT IS TO 1) ENABLE US TO PLAY OUR SUPPORT THE SAME ON BOTH SIDES WITH THE SAME PERSONNEL, AND 2) TO MAKE OUR SUPPORT A DEFINITE ASSIGNMENT FOR ALL THE PERSONNEL WHICH WILL AID IN OUR BECOMING MORE AGGRESSIVE. READ PROGRESSION FROM A POSITION THAT YOU CAN SEE THE TIGHT END TO THE BACKFIELD ACTION. ON THE BLOCK OF THE TIGHT END, GET PENETRATION UPFIELD (TO NB) AND FORCE THE WING TO COMMIT QUICKLY ON YOU IF HE IS GOING TO CRACKBACK. IF HE DOES NOT CRACKBACK, YOU ARE IN POSITION TO CONTAIN THE SWEEP AS YOU WOULD IN NORMAL SAFETY SUPPORT TECHNIQUE. CP: PULL OF ONSIDE LINEMAN AND FLOW OF BACKS WILL HELP YOU DETERMINE SWEEP (LOOSE AND STACK FRONTS) TO ACCOMPLISH THE ABOVE YOU MUST STAY ON YOUR FEET.
- SAM - CUT-BACK MAN** - TAKE A POSITION THAT WILL AS MUCH AS POSSIBLE ELIMINATE THE INSIDE RELEASE OF THE TIGHT END. THIS IS NECESSARY BECAUSE OF THE CLOSENESS TO THE LOS OF OUR S/S AND HIS INABILITY TO SUCCESSFULLY PICK UP THE TE IF ALLOWED TO RELEASE INSIDE UNMOLESTED. THE REMAINING PART OF YOUR ASSIGNMENT IS THE SAME AS YOU WOULD HAVE ON NORMAL SAFETY SUPPORT. ANYTIME THE TIGHT END RELEASES - AUTOMATIC BACKER SUPPORT.
- S/HB - RUN PASS OR SECONDARY SUPPORT** - TAKE ALIGNMENT THAT WILL ALLOW YOU TO SEE THE TIGHT END, WING, AND TO THE BACKFIELD ACTION. PLAY THE PASS FIRST, FROM A SHADE OUTSIDE POSITION ON THE WING. YOUR ASSIGNMENT WILL REMAIN THE SAME AS PRESCRIBED IN THE DEFENSE CALLED. IF YOUR ASSIGNMENT IS THE WING M/M, THIS WILL STILL BE YOUR ASSIGNMENT (KEY WING AND SUPPORT ON HIS BLOCKS). IF YOUR ASSIGNMENT IS THE DEEP OUTSIDE ZONE, THIS WILL NOT CHANGE EITHER. SEE THE BLOCK OF THE TE THEN WING ON SX. TE OR WING RELEASE, ZONEBACK.
1. TE BLOCKS AND WING BLOCK SAFETY OUT OR SAM IN. YOU HAVE CUTBACK.
 2. TE BLOCKS AND WING BLOCK SAFETY IN THEN YOU HAVE PRIMARY SUPPORT. (REPLACE)
- W/S - REVOLVE** - TO CARRY OUT YOUR ASSIGNMENT AS DEFINED BY OUR DEFENSE CALLED. PASS FIRST, RUN SECOND. KEY TRIANGLE AND PURSUE PARALLEL TO LOS ON SURE RUN. THE EXAMPLES SHOWN BELOW ARE BLITZ, ONE, (M/M COVERAGES). ON ZONE COVERAGES, ALIGNMENT WILL BE THE SAME, BUT WE WOULD DROP TO ZONES.

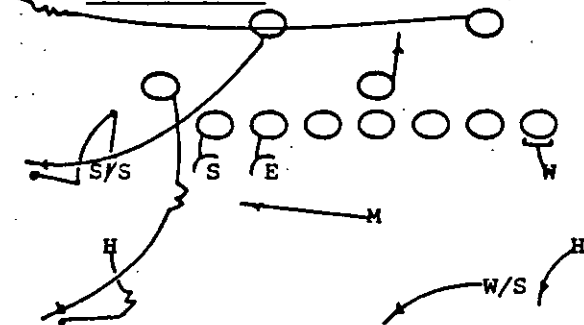
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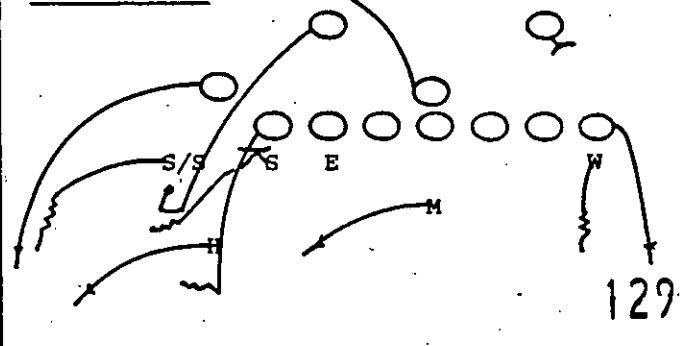
38 POWER SOLID



38 HB OPTION



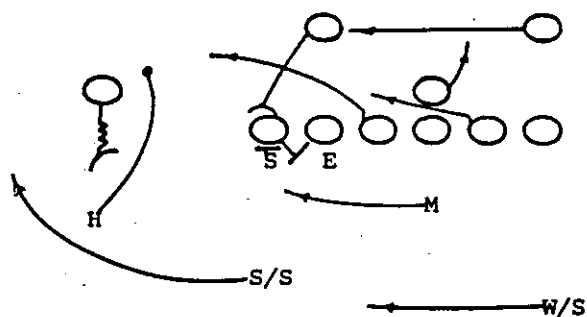
508 WING TO



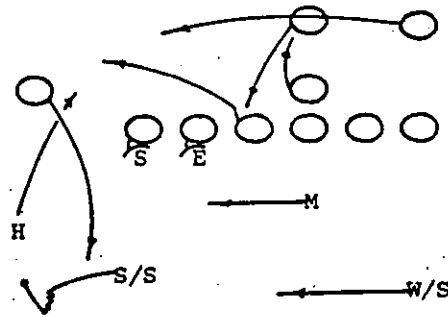
CORNER SUPPORT - STRONGSIDE (X, DX)

- S/HB - PRIMARY SUPPORT MAN - READ PROGRESSION. IF WING SETS TO BLOCK ON YOU, TAKE INSIDE AND FORCE AT AN ANGLE QUICKLY. SHRINK THE CUT-BACK AREA. MEET LEAD BLOCKER AS QUICK AND TOUGH AS POSSIBLE. FORCE THE BALL CARRIER TO MAKE A SHARP CUT-BACK TO INSIDE. IF BALL CARRIER CONTINUES WIDE, DRIVE DEEP AND STRING IT OUT TO THE SIDELINE. TO ACCOMPLISH THIS, YOU MUST STAY ON YOUR FEET.
- SAM - CUT-BACK MAN - READ PROGRESSION. ATTACK BLOCKER (TIGHT END, PULLING LINE-MAN) AT HIS DEPTH, AND CONTROL HIM. TWO GAP RESPONSIBILITY - DO NOT TAKE A SIDE UNTIL THE RUNNER COMMITS. COACHING POINT: TIGHT END BLOCKS ON YOU, AND RELEASES FOR RUN/PASS - STAY WITH HIM M/M (USUALLY IN SHORT YARDAGE SITUATIONS) ANYTIME THE TIGHT END RELEASES = BACKER SUPPORT.
- S/S - RUN PASS OR SECONDARY SUPPORT - PASS FIRST. WHEN YOU READ RUN, REVOLVE AND PICK UP WING FOR RUN/PASS. IF WING BLOCKS S/HB, SUPPORT FROM OUTSIDE-IN.
- W/S - PLAY PASS FIRST AND BE READY TO REVOLVE TO DEEP MIDDLE. PLAY RUN SECOND - KEY TRIANGLE. ON SURE RUN, PURSUE PARALLEL TO THE LINE OF SCRIMMAGE. SUPPORT FROM INSIDE-OUT.

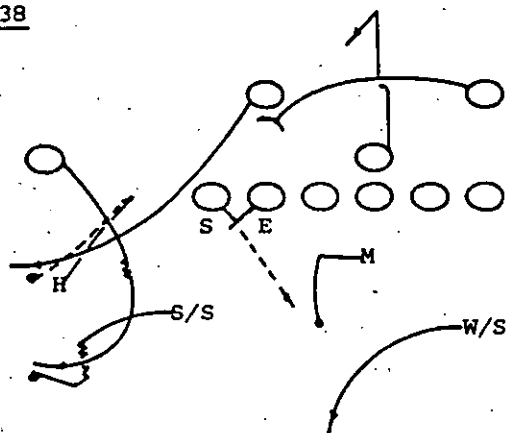
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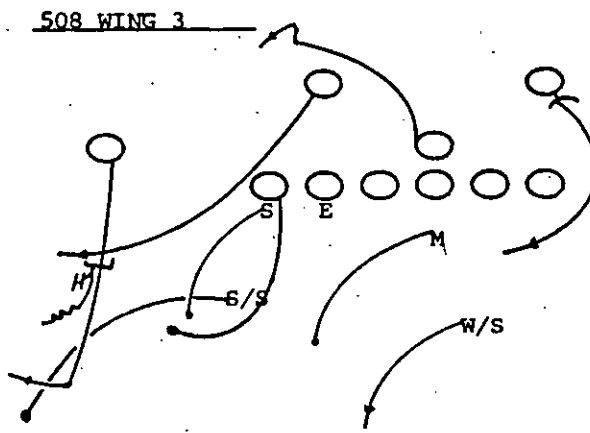
R 38



438



508 WING 3



BACKER SUPPORT - WEAKSIDE (ALL COVERAGES WITH "X" OUT) X, SX, SAX, WIX, SPLIT, ONE

WILL - PRIMARY SUPPORT MAN - READ PROGRESSION AND MEET THE LEAD BLOCKER AT HIS DEPTH AS QUICK AND AS TOUGH AS POSSIBLE. FORCE THE BALL CARRIER TO MAKE A SHARP CUT BACK TO THE INSIDE. SHRINK THE CUT-BACK AREA. STAY ON FEET TO ACCOMPLISH ABOVE.

W/END - CUT-BACK MAN - READ PROGRESSION, ATTACK THE BLOCKER AND CONTROL HIM. WORK OUT ALONG LINE OF SCRIMMAGE. DO NOT OVERRUN THE BALL.

W/HB - RUN PASS OR SECONDARY SUPPORT - PASS FIRST. SEE THE BACKFIELD ACTION AND "X". IF HE RELEASES, COVER, IF HE CRACKS (THROWS) ON WILL, SUPPORT TO CONTAIN THE END RUN (REPLACE).

W/S - RUN PASS OR SECONDARY SUPPORT - PLAY PASS FIRST THEN RUN. KEY TRIANGLE AND SUPPORT INSIDE OR OUTSIDE OF WILL ON SURE RUN.

NOTE: WILL - YOU CAN CALL "LION" ON BACKER SUPPORT TO DEFINE A MORE DEFINITE RESPONSIBILITY BETWEEN YOU AND YOUR DE. "BAM" OR "LOOP" MAY BE CALLED ON ANY COVERAGE BEHIND YOU (WX, WSX, DX). NEVER USE VS. NEAR.

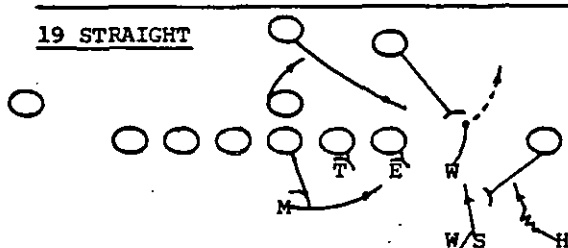
ON "LION" CALL - WEAKSIDE:

WILL - HOLD, READ PROGRESSION. BE IN POSITION TO FILL INSIDE YOUR END ON BALL: QUICK PURSUE ON FLOW AWAY. ON PASS, GO TO COVERAGE.

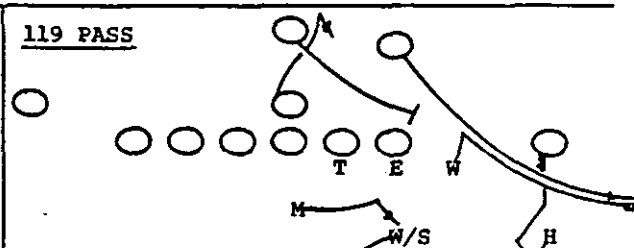
W/END - SQUARE UP STANCE. KEY NEAR BACK AND ON GUARD. WORK OUT AND UPFIELD TO MEET LEAD BLOCKER AND FORCE RUNNER TO MAKE A SHARP CUT BACK TO THE INSIDE. ALERT FOR "BAM" CALL BY WILL. THIS WILL STRENGTHEN OUR 4-5 HOLE. NEVER USE VS. NEAR.

NOTE: CHECK QB OPTION, THIS IS OUR OPTION ADJUSTMENT FROM ANY SUPPORT. (UNBLOCKED MAN TAKES THE QUARTERBACK.)

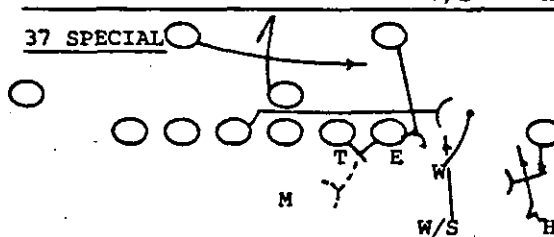
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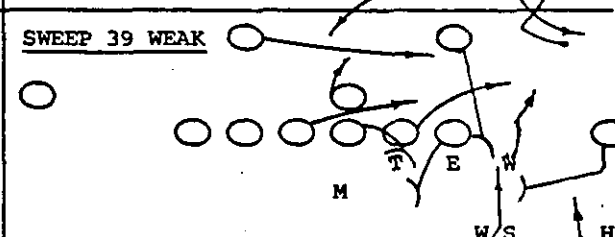
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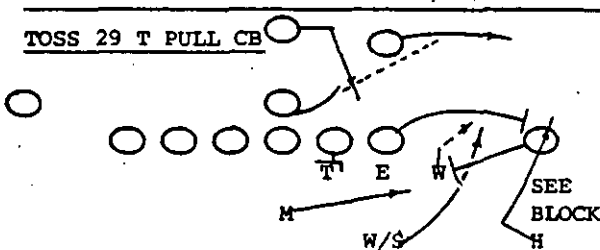
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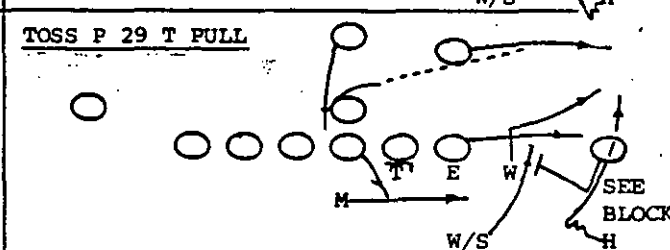
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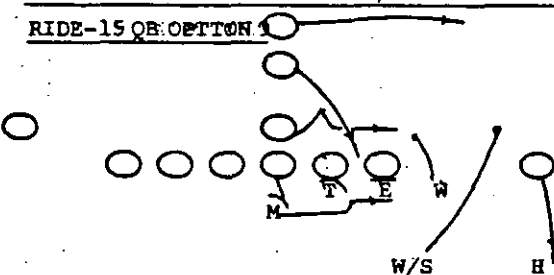
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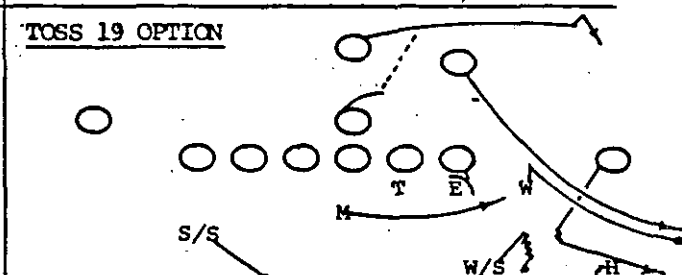
TOSS P 29 T PULL



RIDE-15 QB OPTION



TOSS 19 OPTION



SAFETY SUPPORT WEAKSIDE (WSX, BLITZ)

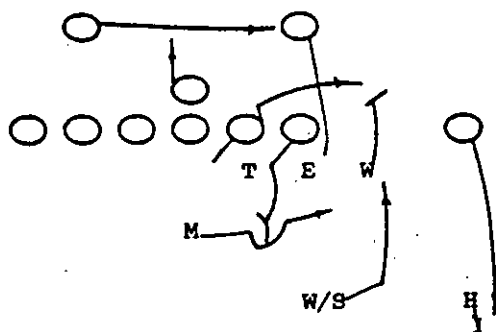
W/S - PRIMARY SUPPORT MAN - READ PROGRESSION. MEET THE LEAD BLOCKER AT HIS DEPTH AS QUICKLY AND TOUGH AS POSSIBLE. SHRINK THE CUT-BACK AREA. IF THE BALL CONTINUES WIDE, DRIVE DEEP AND STRING IT OUT TO THE SIDELINE. MUST SEE BLOCK OF WB, THEN SUPPORT. TO ACCOMPLISH THE ABOVE, YOU MUST STAY ON YOUR FEET.

W/HB - RUN/PASS OR SECONDARY SUPPORT MAN - PASS FIRST AND SEE THE BACKFIELD ACTION AND "X". IF HE RELEASES, COVER. IF HE CRACKS OR THROWS ON WILL/W/S SEE BLOCK. SUPPORT FROM OUTSIDE-IN.

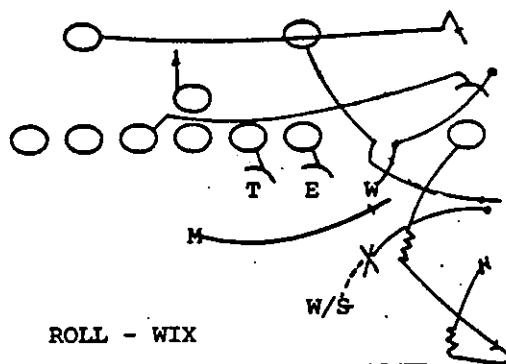
WILL - (END) CUT-BACK MAN - ATTACK BLOCKER HEAD UP ON HIS SIDE OF THE LINE OF SCRIMMAGE. CONTROL HIM. BE READY TO REACT IN OR OUT. MAKE THE PLAY.

NOTE: WILL, "X" WIDE = BACKER SUPPORT ON ALL COVERAGES EXCEPT WSX AND SOME BLITZES.

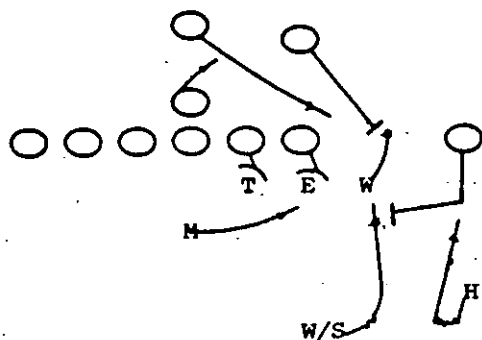
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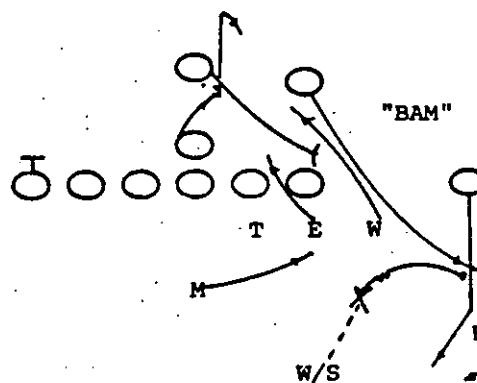
39 FB OPTION



19 STRAIGHT



419



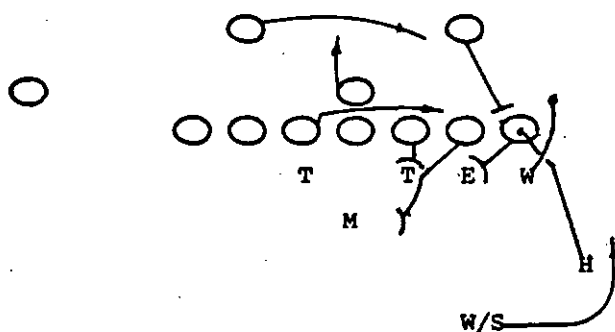
BACKER SUPPORT - WEAKSIDE ("X" NEAR)

WILL - PRIMARY SUPPORT MAN - ON SNAP, STEP OUT AND SEE INSIDE. READ PROGRESSION AND DETERMINE SWEEP OR OFF TACKLE. CONTAIN SWEEP, TO ACCOMPLISH THE ABOVE, YOU MUST STAY ON YOUR FEET.

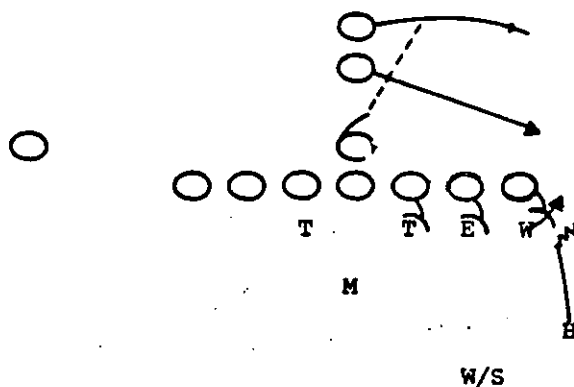
W/HB - CUT-BACK MAN - READ PROGRESSION. IF KEY BLOCKS, REACT FOR RUN. ON SWEEP, SUPPORT INSIDE WILL FOR CUT-BACK. ON OFF TACKLE - ADJUST TO TAKE SPILLAGE.

W/S - RUN PASS OR SECONDARY SUPPORT - PASS FIRST. WHEN YOU READ RUN, REVOLVE AND PICK UP RECEIVER FOR RUN/PASS. NO PASS - SECONDARY SUPPORT WHERE NECESSARY.

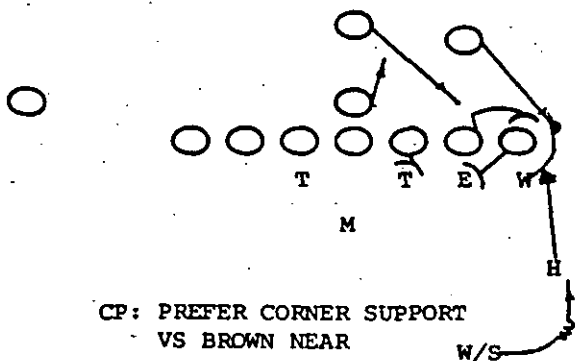
FLOW 37



T 39 ST

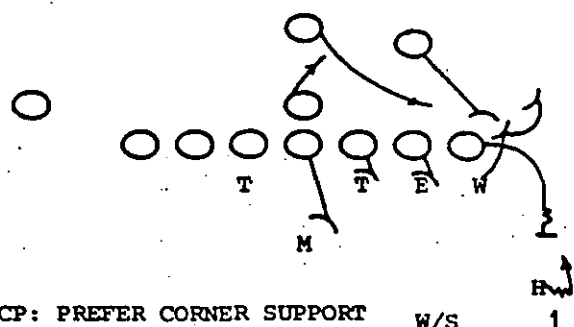


17 U



CP: PREFER CORNER SUPPORT
VS BROWN NEAR

19 STRAIGHT (EF)



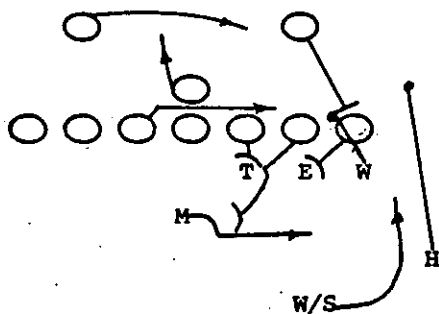
CP: PREFER CORNER SUPPORT
VS BROWN NEAR.

NEAR RELEASES = AUTOMATIC BACKER SUPPORT

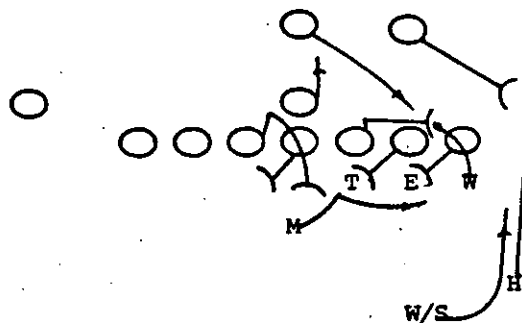
CORNER SUPPORT - WEAKSIDE - "X" NEAR (ONE, WX, DX, X, SAX, SX)

- W/HB - PRIMARY SUPPORT MAN - READ PROGRESSION. MEET LEAD BLOCKER AS QUICKLY AND TOUGH AS POSSIBLE. FORCE THE BALL CARRIER TO MAKE A SHARP CUT-BACK TO THE INSIDE. SHRINK THE CUT-BACK AREA. IF THE BALL CARRIER CONTINUES WIDE, DRIVE DEEP AND STRING IT OUT TO THE SIDELINE. TO ACCOMPLISH THE ABOVE, YOU MUST STAY ON YOUR FEET.
- WILL - CUT-BACK MAN - READ PROGRESSION. ATTACK BLOCKER ("X" NEAR, PULLING LINEMAN) AT HIS DEPTH AND CONTROL HIM. TWO GAP RESPONSIBILITY - DO NOT TAKE A SIDE UNTIL RUNNER COMMITS.
- W/S - RUN/PASS OR SECONDARY SUPPORT - PASS FIRST. WHEN YOU READ RUN, REVOLVE AND PICK UP THE RECEIVER FOR RUN/PASS. NO PASS - SECONDARY, SUPPORT WHERE NECESSARY.

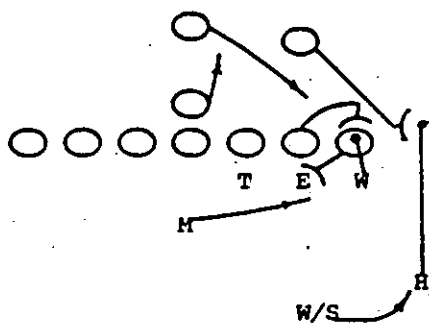
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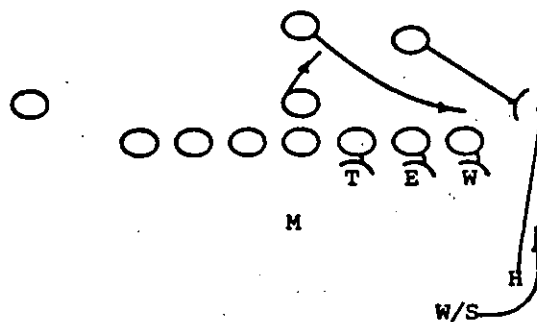
D 17 GEORGE



D17 U



17 STRAIGHT




NEAR RELEASES - BACKER SUPPORT

PHILOSOPHY OF RUN DEFENSE

OUR PHILOSOPHY OF RUN DEFENSE IS BASED ON THE PRINCIPLES OF PENETRATION AND PURSUIT. WE WILL TURN OUR LINEMEN LOOSE TO DOMINATE THE LINE OF SCRIMMAGE BY COMING OFF ON THE SNAP AND PENETRATING WHILE OUR LINEBACKERS WILL BE FREE TO PURSUE QUICKLY AND BEAT THE BALL CARRIER TO THE POINT OF ATTACK. IN ADDITION, WE WILL EMPLOY VARIOUS COORDINATED STUNTS TO ASSIST US IN OUR OBJECTIVE - TO DISRUPT AND NEUTRALIZE OUR OPPONENT'S RUNNING GAME.

OUR LINE WILL BE ABLE TO WIN THE BATTLE UP FRONT BY CHARGING HARD ON EACH SNAP AND CHALLENGING OUR OPPONENTS' OFFENSIVE LINE. THE PENETRATION THAT RESULTS FROM THIS TYPE OF PLAY WILL FORCE NUMEROUS BLOCKING PROBLEMS FOR OUR OPPONENT AND IN COMBINATION WITH OUR STUNTS WILL CONFUSE AND DISRUPT OUR OPPONENT. THIS STYLE OF DEFENSIVE LINE PLAY AT TIMES MAY EXPOSE OUR DEFENSE TO QUICK-HITTING INSIDE PLAYS, BUT WE HAVE A SECOND LINE OF DEFENSE IN THE PRESENCE OF TWO STACKED LINEBACKERS. THESE LINEBACKERS ARE ALIGNED AT A DEPTH OF 3-3½ YARDS TO GIVE THEM THE BEST OPPORTUNITY TO PROPERLY DIAGNOSE ALL RUNNING PLAYS AND MAKE THE PLAY ON ANY RUN THAT BREAKS CLEAN.



THIS 3-3½ YDS. DEPTH FOR OUR LINEBACKERS ALSO PUTS THEM IN POSITION TO CARRY OUT THE SECOND PART OF OUR PHILOSOPHY - PURSUIT. THE LINEBACKERS WILL KEY THE BACKFIELD TRIANGLE, , AND WILL REACT TO ONE OF THREE BASIC ACTIONS: FLOW TO - BOTH BACKS COMING TOWARD YOU; FLOW AWAY - BOTH BACKS GOING AWAY FROM YOU; SPLIT FLOW: THE BACKS GOING IN DIFFERENT DIRECTIONS. THE REACTION OF OUR LINEBACKERS TO THESE THREE ACTIONS WILL ENABLE THEM TO PURSUE QUICKLY AND BEAT THE BALL CARRIER TO THE POINT OF ATTACK. THIS WILL GREATLY REDUCE THE POSSIBILITY OF ANY LONG RUN.


TO ASSIST OUR LINEBACKERS IN THEIR PURSUIT, OUR LINE WILL DO EVERYTHING POSSIBLE TO KEEP THE LINEBACKERS "CLEAN". THIS MEANS PREVENTING THE OFFENSIVE LINEMEN FROM RELEASING UNMOLESTED FROM THE LINE OF SCRIMMAGE AND GETTING TO THE LINEBACKERS. OUR LINE WILL ACCOMPLISH THIS BY THEIR PENETRATION AND ALSO BY SHOVING AND GRABBING OFFENSIVE LINEMEN AS THEY RELEASE AT THE SNAP.

THE OTHER MAJOR PART OF OUR RUN DEFENSE IS THE USE OF OUR STUNTS. WE MUST UNDERSTAND THE IMPORTANCE OF USING THESE COORDINATED CHARGES BY OUR LINE AND LINEBACKERS TO DISRUPT AND CREATE CONFUSION IN THE BLOCKING PATTERNS OF OUR OPPONENT. THESE STUNTS REQUIRE AN AGGRESSIVE CHARGE AND QUICK REACTION TO A POINT RATHER THAN A CONTROLLED TYPE CHARGE.

ALSO, IT IS VERY IMPORTANT THAT WE HAVE A COMPLETE UNDERSTANDING OF WHEN AND WHY WE USE EACH OF THESE STUNTS. RATHER THAN MAKING INDIVIDUAL ADJUSTMENTS IN OUR ALIGNMENT OR TECHNIQUE TO STOP A SPECIFIC PLAY, WE WILL USE OUR STUNTS TO NEUTRALIZE ANY PLAYS GIVING US A PROBLEM.

BY APPLYING THE BASIC CONCEPTS OF A PENETRATING LINE, QUICK PURSUIT BY OUR LINEBACKERS AND THE EXECUTION OF WELL-TIMED STUNTS, WE WILL BE ABLE TO DISRUPT OUR OPPONENTS' RUNNING GAME AND FORCE THEM INTO A DROP BACK PASS SITUATION. HAVING DONE THIS, THEY ARE NOW PLAYING OUR GAME BECAUSE NO ONE IS BETTER THAN WE ARE IN A SURE PASSING SITUATION.

POSITION	ALIGNMENT	KEY	4-3	RESPONSIBILITY
S S/O	DEPENDS ON SUPPORT CALL (BACKER-SAFETY-CORNER)			FOLLOW SUPPORT PATTERN.
MIKE	HEAD ON CENTER	 (REMAINING BACKS)		READ CENTERS' BLOCK FOR INSIDE RUNS. GO WITH BALL FROM INSIDE TO OUTSIDE.
WILL-W/O	HIP	T - 		FOLLOW SUPPORT PATTERN -- IS SAME READ AS UNDER.
SS END	OUTSIDE SHOULDER OF OT	T-G-E		HEAD ON OT TO HEAD ON END. 6-7 HOLE. RUSH PASSER AND CONTAIN. YOU HAVE BOOT AND QUARTERBACK KEEP. COACHING POINT: STEP TO TE AS YOU READ T/G.
WS END	OUTSIDE OF OT	T T-G-E VS NEAR		HEAD ON OT TO HEAD ON END. 6-7 HOLE. RUSH PASSER AND CONTAIN. YOU HAVE BOOT AND QB KEEP. COACHING POINT: STEP TO NEAR AS YOU READ T/G. SAME AS UNDER.
SS TACKLE	2 GAP	G-T-C		2 GAP. 4-5 / 2-3 HOLES. RUSH PASSER, PENETRATE AND BREAK POCKET. RUN AWAY -- FIGHT ACROSS FACE OF GUARD. NEVER GET HOOKED.
WS TACKLE	2 GAP	G-T-C		2 GAP. 4-5 / 2-3 HOLES. RUSH PASSER, PENETRATE AND BREAK POCKET. RUN AWAY - FIGHT ACROSS FACE OF GUARD. NEVER GET HOOKED.

POSITION	ALIGNMENT	KEY	LIGHT 4-3	RESPONSIBILITY
SAM-S/O	SAME AS 4-3			END IS TWO GAP. YOU HAVE REVERSE AND QB KEEP.
MIKE	HEAD ON CENTER			GO WITH BALL FROM INSIDE TO OUTSIDE. SPLIT FLOW HOLD LOCATE BALL. VS. NEAR. CP: CHEAT YOUR DEPTH.
WILL-W/O	SAME AS 4-3			END IS TWO GAP. YOU HAVE REVERSE AND QB KEEP.
ENDS	2 GAP	TACKLE		TWO GAP 4-5/6-7 HOLE - MAKE PLAY IN OR OUT. PASS - CONTAIN THE PASSER. LINEBACKER HAS REVERSE AND QUARTERBACK KEEP.
TACKLES	HEAD ON GUARD	CENTER AND GUARD		- CHARGE TO G/C GAP. 2-3 HOLE. PASS - PENETRATE. BREAK POCKET. CAN TURN INTO TOM OR TOMMY GAME.
NOTE: IF	SY4-3 - LINE WILL EXECUTE			CHARGE FROM 4 POINT STANCE.

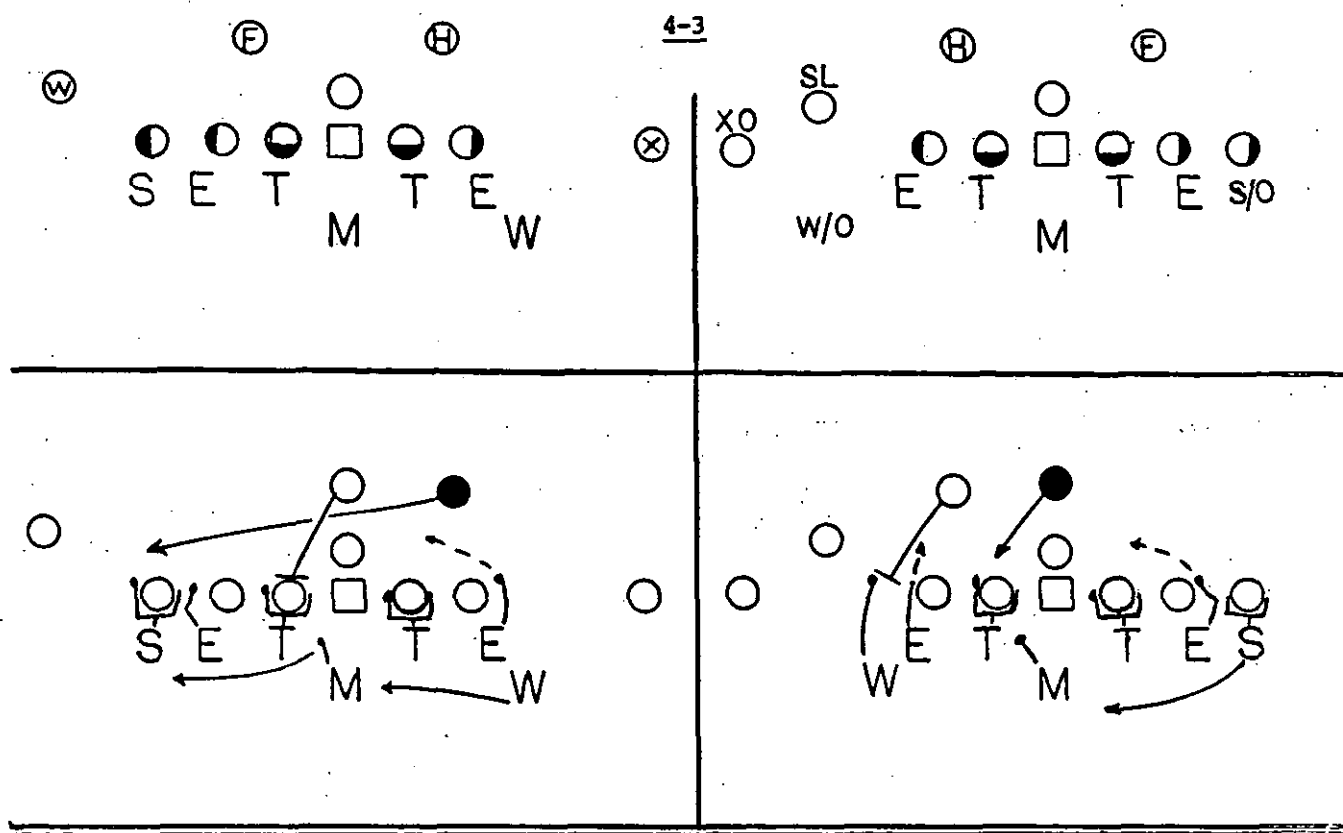
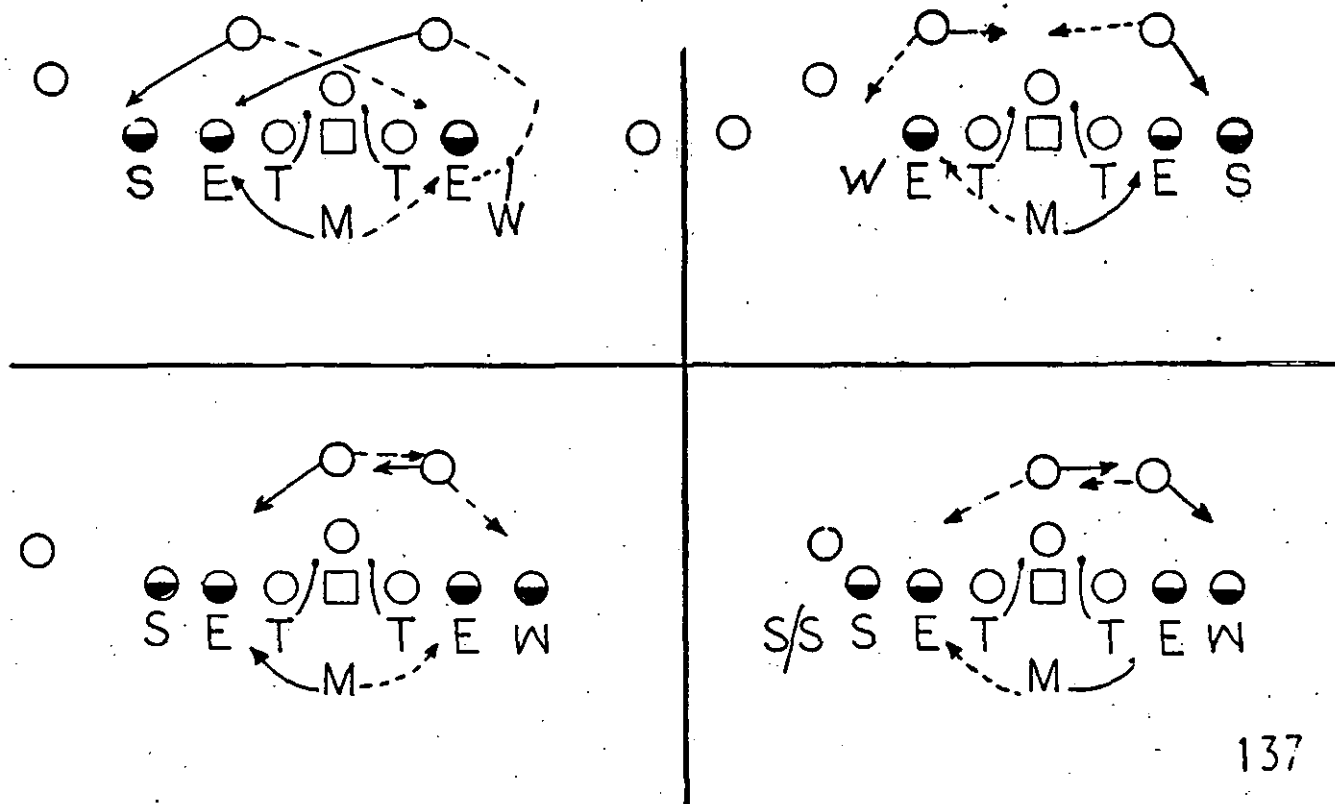



FIGURE 4-3



4-3 DEFENSE FOR LINEBACKERS

MIKE

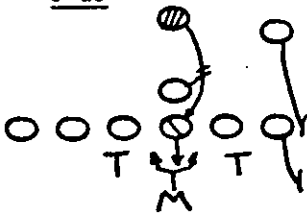
ALIGNMENT: HEAD ON CENTER 3-3½ YARDS OFF THE BALL.

KEY: CENTER AND BOTH GUARDS, THEN 

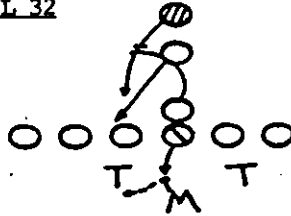
RESPONSIBILITY: 2-3 HOLE (TWO GAP). INSURE THE MIDDLE, GO WITH BALL FROM INSIDE-OUT.

1. STRAIGHT BLOCK - CENTER BLOCKS ON YOU. MEET HIM SQUARE. TWO GAP - FIND THE BALL. GO WITH BALL FROM THE INSIDE OUT.

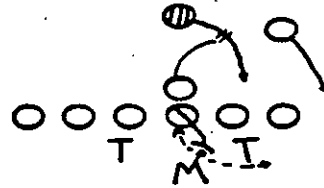
P 10



L 32



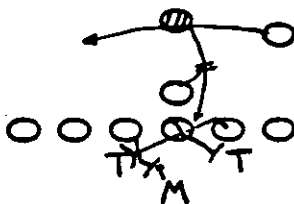
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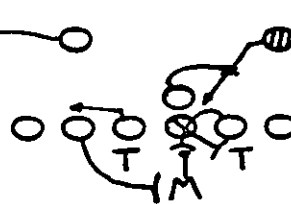
2. CENTER BLOCKS BACK

BACK AND BALL ATTACKS YOUR HOLE - STEP UP. ATTACK BLOCKER SQUARE. TWO GAP - BE LOW AND PROTECT YOUR AREA.

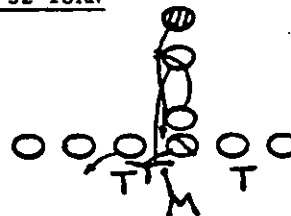
P 12 TRAP



D 32 CLUB FAKE PITCH

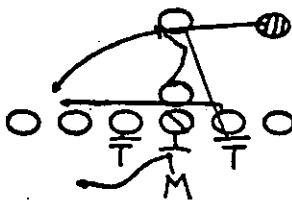


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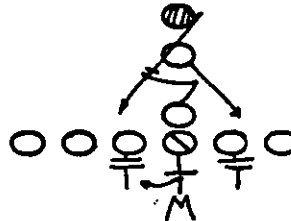


BACK AND NO BALL ATTACKS YOUR HOLE - HOLD, INSURE THE MIDDLE. FIND THE BALL. GO WITH BALL FROM THE INSIDE OUT. (SPLIT FLOW).

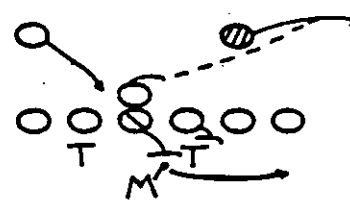
P-36 SOLID



C-32 ST

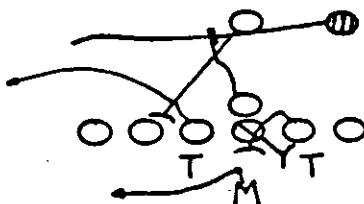


T-29

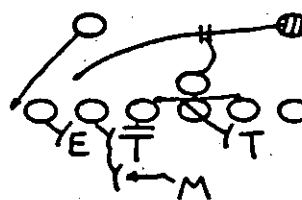


NO BACK AND NO BALL - PURSUE. GO WITH BALL.

R-38 C



F-36



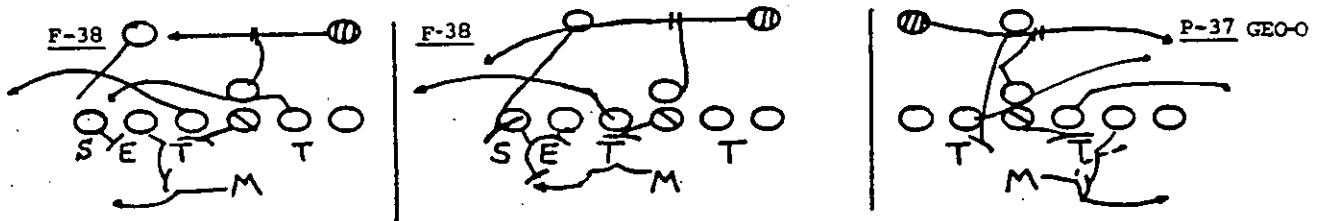
L-35 WHAM



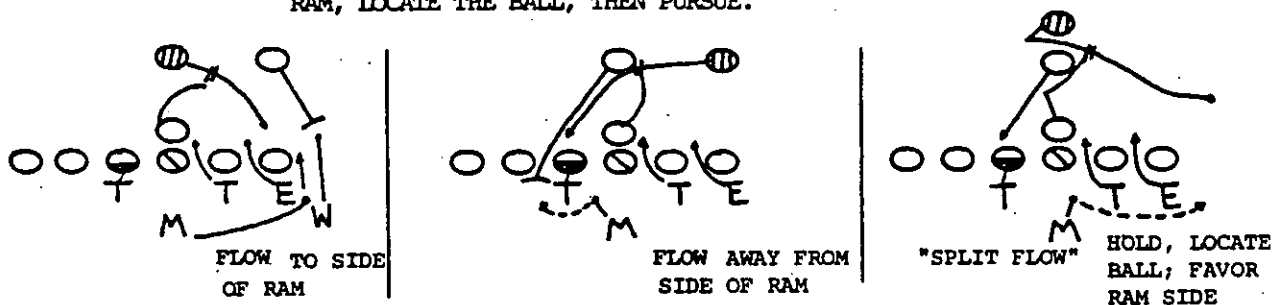
CP: MIKE CAN RUN THROUGH ONLY BY GAME PLAN.

MIKE - 43 KEYS cont.

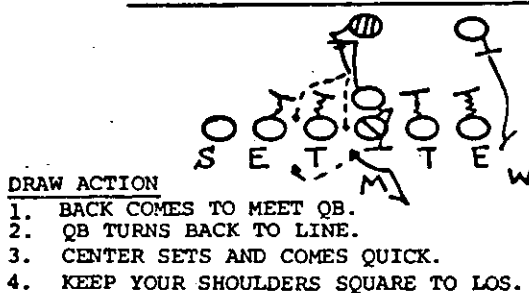
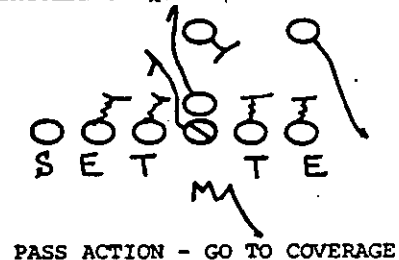
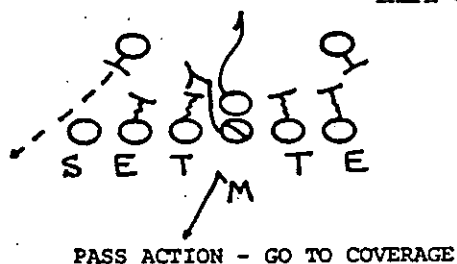
3. REACH BLOCK - THE CENTER REACHES TO BLOCK YOUR TACKLE. RECOGNIZE AS SWEEP ACTION AND BE PREPARED TO BEAT THE ONSIDE TACKLE'S BLOCK. MIX YOUR ROUTE. THE PERCENTAGE IS TO GO AROUND, UNLESS YOU GET A QUICK READ. STAY ON YOUR FEET AND GET TO THE BALL.



4. "RAM CALL" - A CALL MADE ON THE LINE OF SCRIMMAGE OR IN THE HUDDLE (4-3). USED VS. LARGE SPLITS, OR AS A CHANGE UP IN DEFENSIVE LINEMAN'S CHARGE. CALL: BY FORMATION AND/OR GAME PLAN. MIKE KEY. FLOW: FLOW TO - SIDE OF RAM. SCRAPE OFF YOUR DEFENSIVE END, SQUARE UP, AND MEET THE BALL. FLOW AWAY - FROM SIDE OF RAM. CHECK 2/3, 4/5 GAP AWAY FROM SIDE OF RAM, THEN PURSUE. SPLIT FLOW OR COUNTER ACTION - HOLD AND FAVOR SIDE OF RAM, LOCATE THE BALL, THEN PURSUE.



5. PASS OR DRAW ACTION - THE LINE AND THE QUARTERBACK SHOW PASS - GO TO COVERAGE. AS YOU WORK TO YOUR COVERAGE RESPONSIBILITY, SEE THE ACTION. THE 'ACTION' WILL TELL YOU 1) CONTINUE TO PASS RESPONSIBILITY 2) REACT TO DRAW, ATTACK IN YOUR LANE. COACHING POINT: QUARTERBACKS ARE SOMETIMES THE KEY. TURN BACK TO THE LINE ON DRAW, WHILE ON THE PASS, THEY WILL LOOK DOWNFIELD. THE CENTER IS SOMETIMES THE KEY. SET ON LINE AND RELEASE QUICK ON DRAW. WHILE ON THE PASS, THEY WILL DROP DEEP AND YOU WILL NEVER SEE THEM. C.P.: KEEP YOUR SHOULDERS SQUARE TO LOS ON DRAW.



DRAW ACTION - ATTACK DRAW; WORK FROM INSIDE OUT WITH "SAM" OR "WILL". 139

4-3 DEFENSE FOR LINEBACKERS

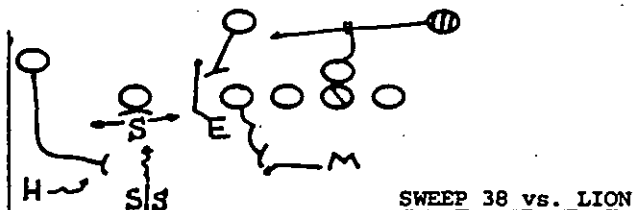
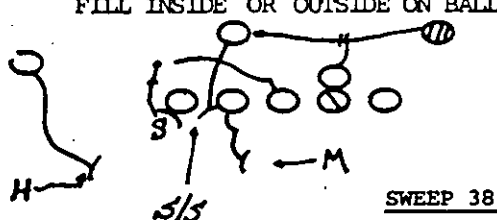
STRONGSIDE LINEBACKER (SAM) - BACKER SUPPORT

ALIGNMENT: OUTSIDE SHOULDER OF TIGHT END (1/3 FOOT SPLIT TE'S STANCE). VARY PRE-SNAP ALIGNMENT TO DISGUISE.

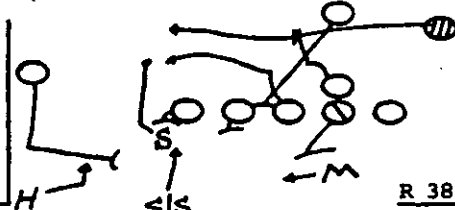
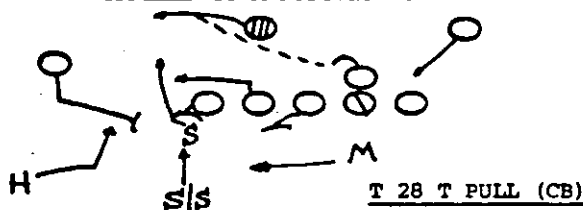
KEY: SEE THROUGH TIGHT END TO ACTION OF NEAR BACK AND INSIDE PULL OF LINEMAN.

RESPONSIBILITY: PRIMARY SUPPORT MAN. CONTAIN SWEEP

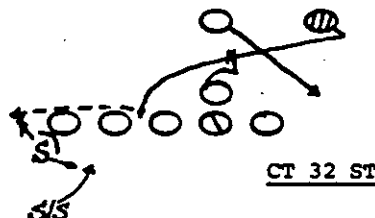
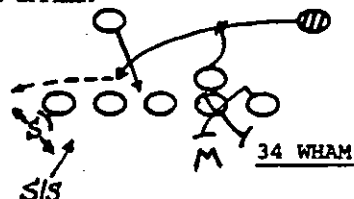
1. **TIGHT END STAND UP OR STRAIGHT BLOCK** - STEP OUT AND WORK UPFIELD TO A DEPTH OF THE LEAD BLOCKER (PULLING LINEMAN, NEAR BACK). COACHING POINT: TIGHT END VS. SWEEP FLEX - MAKE A "LION CALL", CONTROL THE TIGHT END. KEEP SQUARE. BE PREPARED TO FILL INSIDE OR OUTSIDE ON BALL.



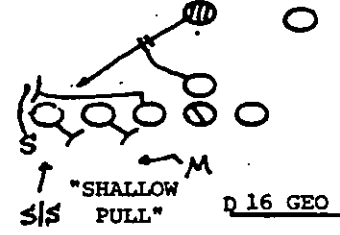
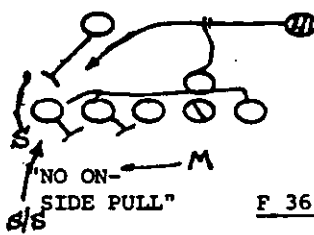
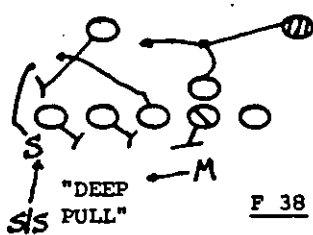
2. **HOOK BLOCK** - STEP OUT AND DRIVE THROUGH HIS HEAD WITH INSIDE ARM. WORK OUT AND UPFIELD TO A POSITION OF CONTAINMENT (OUTSIDE AND AS DEEP AS THE LEAD BLOCKER).



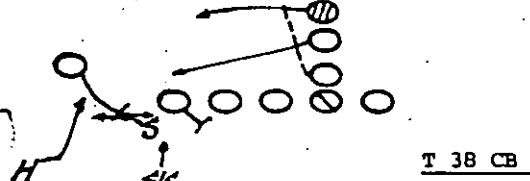
3. **TURN OUT BLOCK** - CONTROL THE BLOCKER. CLOSE THE HOLE WITH THE BLOCKER'S BODY. YOU ARE RESPONSIBLE FOR THE BALL CARRIER BOUNCING OUTSIDE AND TO KEEP THE INSIDE HOLE SMALL.



4. **FLOW BLOCK** - STEP OUT AND SEE THE ACTION. CONTAIN, WORK OUT AND UPFIELD. DETERMINE IF THE PLAY IS SWEEP OR OFF-TACKLE. DEEP PULL OF ONSIDE GUARD OR TACKLE WILL SHOW SWEEP. NO PULL ONSIDE WILL INDICATE OFF-TACKLE.



5. **CRACKBACK BLOCK** - ON SNAP, STEP OUT TOWARD CRACKBACK BLOCK. READ ACTION. ON SWEEP, TURN AND DEFEAT BLOCKER. CONTROL HIM AND SQUARE UP TO PLAY CUT-BACK. COACHING POINT: VS. CLOSE WING - BE ALERT FOR CORNER OR SAFETY SUPPORT CALL.



VS. CLOSE WING:
BE ALERT FOR CORNER
OR SAFETY SUPPORT CALL.

6. **PASS (TIGHT END SETS UP OR DELAYS)** - GO TO COVERAGE.

STRONGSIDE LINEBACKER (SAM) - CORNER OR SAFETY SUPPORT

ALIGNMENT: HEAD ON TIGHT END (TOE TO TOE)

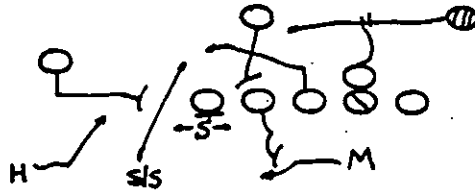
KEY: TIGHT END, ONSIDE PULL OF LINEMAN AND NEAR BACK.

RESPONSIBILITY: CUT-BACK (TWO GAP)

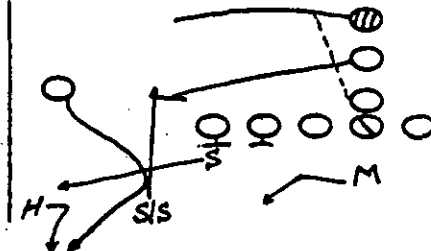
1. **TIGHT END STAND UP OR STRAIGHT BLOCK** - ATTACK AND CONTROL THE BLOCKER. DRIVE HIM BACK. BE PREPARED TO MAKE THE PLAY INSIDE OR OUT. COACHING POINT:

SHORT YARDAGE SITUATION).

SWEEP 38

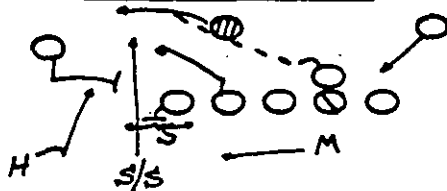


2-38

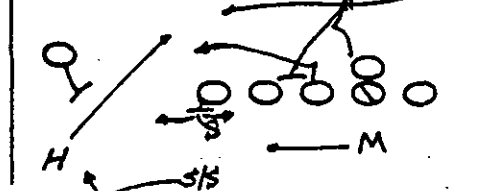


2. **HOOK BLOCK** - DRIVE THROUGH HIS HEAD WITH INSIDE ARM. KEEP HEAD FROM GOING PAST YOUR HIP. KEEP SQUARE, CONTROL THE BLOCKER. DRIVE HIM BACK. MAKE THE PLAY INSIDE OR OUT.

TOSS 28 T PULL (HOOK)

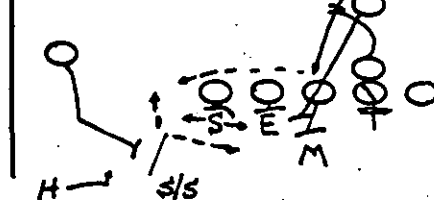
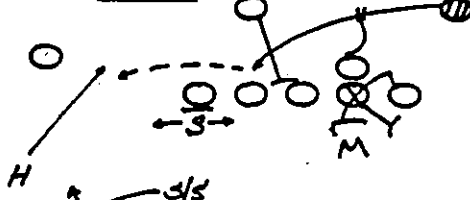


R 38



3. **TURN OUT BLOCK** - CONTROL THE BLOCKER. CLOSE THE HOLE WITH THE BLOCKER'S BODY. STAY SQUARE. BE PREPARED FOR THE BALL CARRIER BOUNCING OUTSIDE.

34 WHAM



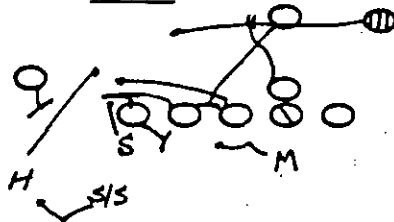
4. **FLOW BLOCK** -

STEP ACROSS. LOOK FOR PULL OF ONSIDE GUARD OR TACKLE.

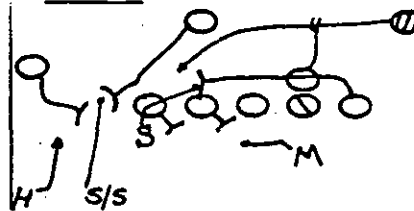
MEET BLOCKER (PULLING LINEMAN, NEAR BACK) HEAD UP, AT HIS DEPTH.

CONTROL BLOCKER. KEEP SQUARE AND WORK OUT ALONG LOS. TWO GAP - BE PREPARED TO MAKE PLAY IN OR OUT. NO PULL ONSIDE - DRIVE INTO OFF-TACKLE RUNNING LANE. PENE-TRATE TO AND STRIP OFFSIDE GUARD. FORCE SPILLAGE.

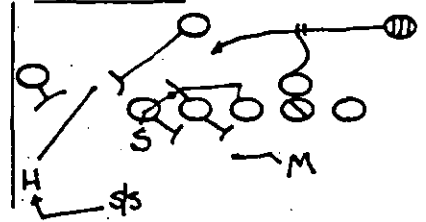
R 38 U



36 TRAP

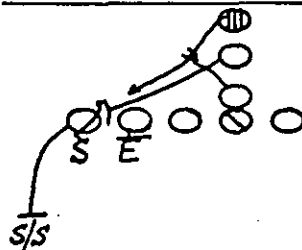


36 GEORGE-I



STRONGSIDE LINEBACKER (SAM) cont.

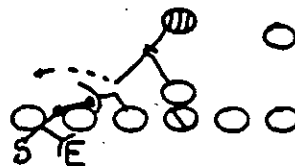
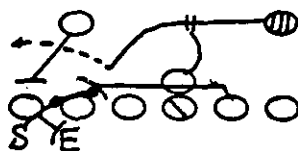
5. TIGHT END RELEASES ON RUN - CONTAIN (BACKER SUPPORT).



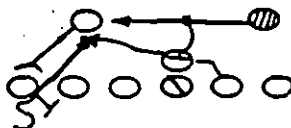
6. PASS (TIGHT END SETS UP OR DELAYS)- GO TO COVERAGE

TECHNIQUE FOR CLOSING THE OFF-TACKLE HOLE
ON SAFETY & CORNER SUPPORT

1. INSIDE TECHNIQUE - AS THE TIGHT END BLOCKS DOWN, STEP ACROSS THE LINE OF SCRIMMAGE TO A POSITION IN THE 6-7 HOLE, KEEPING YOUR SHOULDERS PARALLEL TO THE LINE OF SCRIMMAGE. AS YOU READ THE BLOCKING COMBINATION, PIVOT ON YOUR INSIDE FOOT AND DRIVE YOUR OUTSIDE ARM AND SHOULDER INTO THE INSIDE SHOULDER OF THE PULLING LINEMAN. THIS WILL CLOSE THE OFF-TACKLE HOLE FROM THE INSIDE-OUT AND WILL FORCE THE BALL CARRIER TO BOUNCE OUTSIDE.



F36 OUTSIDE



CP: GET PENETRATION AND FORCE EVERYTHING DEEP.

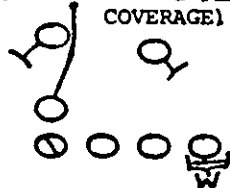
WEAKSIDE LINEBACKER (WILL) - "X" NEAR: CORNER SUPPORT OR BACKER SUPPORT

CORNER SUPPORT - CUT-BACK RESPONSIBILITY. SAME AS SAM VS. RUN.

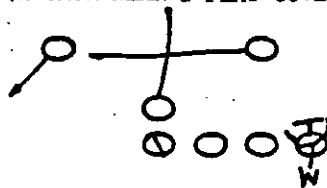
BACKER SUPPORT - CONTAIN SWEEP. SAME AS SAM VS. RUN.

PASS (NEAR END SETS UP OR DELAYS) - ENGAGE AND LOOK FOR FLOW. FLOW AWAY AND SPLIT FLOW - HANG. FLOW TO - RELEASE AND WORK OUT TO "OUT".

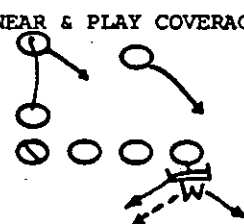
HANG: SPLIT FLOW
(ATTACK NEAR & PLAY COVERAGE)



HANG: FLOW AWAY
(ATTACK NEAR & PLAY COVERAGE)



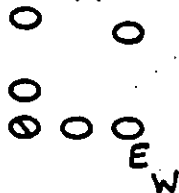
FLOOD PASS AND NEAR BLOCKS ON YOU:
(ATTACK NEAR & PLAY COVERAGE)



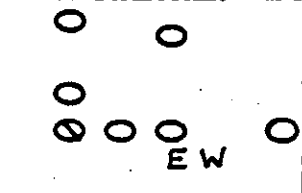
WEAKSIDE LINEBACKER (WILL) - "X" OUT BACKER SUPPORT ("BOX")

ALIGNMENT: WILL VARY ACCORDING TO FRONT, COVERAGE, OR DOWN AND DISTANCE.

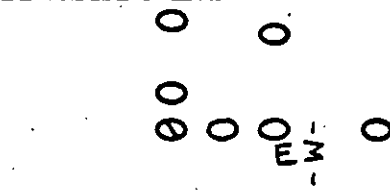
1. HIP POSITION
ONE (1) YARD OUTSIDE YOUR DEFENSIVE END AND ONE (1) YARD DEEP.
2. CRACK POSITION
ONE (1) YARD OUTSIDE YOUR DEFENSIVE END AND ON THE LINE OF SCRIMMAGE.
3. CRACK-IN POSITION
ONE (1) YARD OUTSIDE YOUR DEFENSIVE END AND ON THE LINE OF SCRIMMAGE. FACE THE INSIDE WITH YOUR BACK TURNED TOWARD "X". THIS IS USED WHEN "X" IS IN A NASTY POSITION TO ENABLE YOU TO BEAT HIS CRACKBACK BLOCK.
4. TAN POSITION
3 1/2 YARDS DEEP DIRECTLY BEHIND YOUR DEFENSIVE END. USED TO DISGUISE OUR WEAKSIDE RUN SUPPORT.
5. WALK POSITION
SPLIT THE DISTANCE BETWEEN THE NEAR BACK AND "X". YOUR DEPTH WILL BE DETERMINED BY THE SPLIT OF "X". USED IN PASS SITUATIONS AND/OR TO DISGUISE OUR COVERAGES.
6. "I" POSITION
AN ALIGNMENT TO JAM AND DELAY "X". THREE (3) YARDS INSIDE "X" AND FOUR (4) TO FIVE (5) YARDS OFF THE LINE OF SCRIMMAGE. ELIMINATE INSIDE RELEASE OF "X" ON PASS.



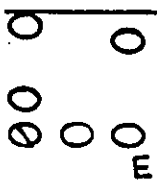
"HIP"



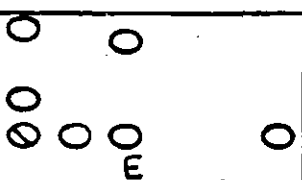
"CRACK"



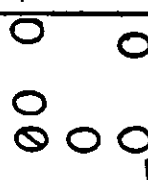
"CRACK-IN"



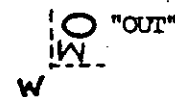
"TAN"



"WALK"



"I"



"OUT"

WEAKSIDE LINEBACKER (WILL) - "X" OUT cont.

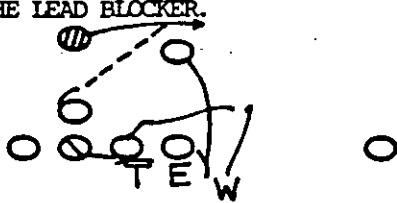
KEY: HIP, CRACK, CRACK-IN, AND TAN - SEE THROUGH ONSIDE LINEMEN (GUARD, TACKLE) TO BACKFIELD.

RESPONSIBILITY: PRIMARY SUPPORT MAN. CONTAIN THE SWEEP.

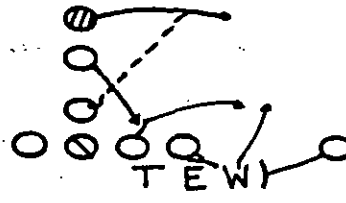
WALK AND "I"

SEE AS MUCH AS POSSIBLE. FOCUS ATTENTION THROUGH THE OFFENSIVE TACKLE TO THE BACKFIELD. ON RUN, FORCE AS QUICKLY AS POSSIBLE. CONTAIN THE SWEEP AND SHRINK THE CUT-BACK AREA. ON PASS, LOCATE "X", AND WORK THROUGH HIM AND FORCE HIM OUTSIDE.

1. FLOW AND BALL TO - THE LINEMEN PULLING DEEP TO THE OUTSIDE WILL INDICATE SWEEP. WORK UPFIELD QUICKLY AND MEET THE LEAD BLOCKER BEFORE HE TURNS UP. CONTAIN. YOU MUST BEAT THE CRACKBACK. COACHING POINT: IF "X" CRACKS ON YOU, YOU MUST GRAB THE LEAD BLOCKER.

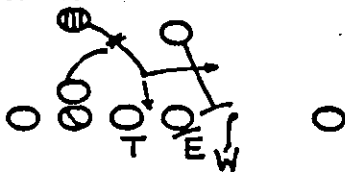


SWEEP 19

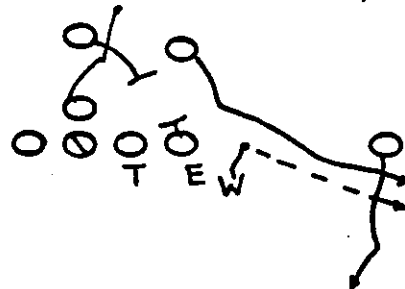


TR 39 CB

2. FLOW AND BALL TO - STRAIGHT BLOCK BY THE NEAR BACK. MEET THE BLOCKER. CONTROL THE BLOCKER FROM THE OUTSIDE-IN. KEEP SQUARE AND BE PREPARED TO MAKE THE TACKLE OR STRING THE PLAY OUT TO THE SIDELINE IF THE BALL CARRIER CONTINUES WIDE. COACHING POINT: THE QUARTERBACK, NEAR BACK, AND OT WILL TELL YOU PLAY PASS. SEE THE QUARTERBACK; ON PLAY PASS - NEAR BACK WILL AVOID YOU. ON RUN, HE WILL ATTACK YOU. THE OFFENSIVE TACKLE WILL NOT FIRE-OUT AGGRESSIVELY ON PLAY PASS. ON PLAY PASS, SPRINT TO YOUR COVERAGE RESPONSIBILITY.

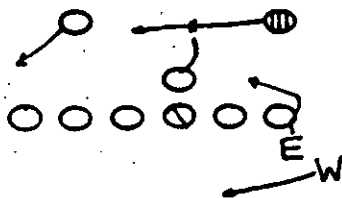


19 ST/15 ST
HB WILL ATTACK YOU

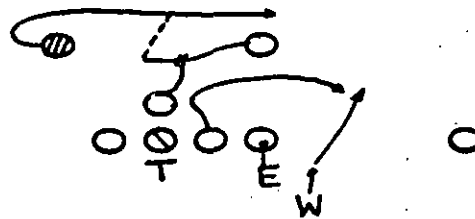


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3. FLOW AWAY - QUICK PURSUIT. BE A FACTOR ON STRONGSIDE RUNS. YOU DO NOT HAVE REVERSE EXCEPT WHEN THE DEFENSIVE END IS TWO-GAP. THEN, CHECK THE QUARTERBACK KEEP AND REVERSE AS YOU PURSUE UNDER CONTROL. N/T, TAKE GOOD PURSUIT ANGLE. COACHING POINT: BEST KEY FOR QUARTERBACK KEEP OR REVERSE IS FACE(S) OF OPPONENTS COMING BACK TO YOU. GET DEPTH UPFIELD.



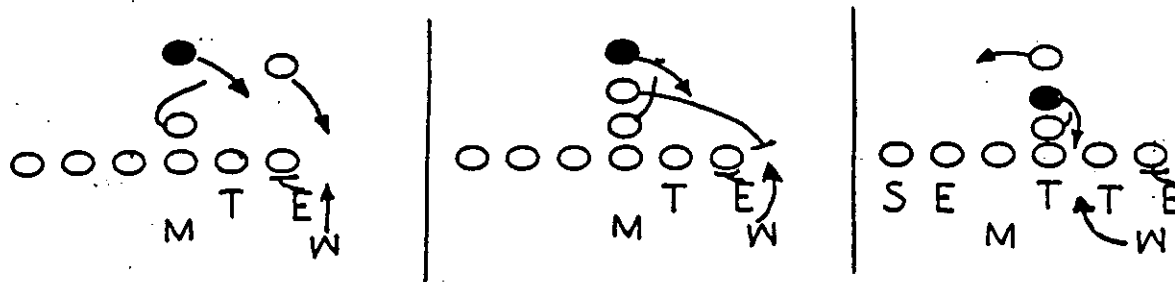
F 38



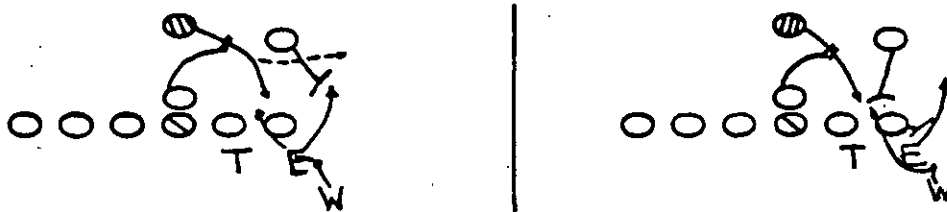
F 38 FB REVERSE @9

WEAKSIDE LINEBACKER (WILL) - "X" OUT (Cont.)

4. "SLAM" CALL - GOOD CHANGE UP VS. RUN. STEP TO OUTSIDE FOR CONTAINMENT AND QUARTERBACK KEEP. END CHARGES TO 2 GAP ON OT.




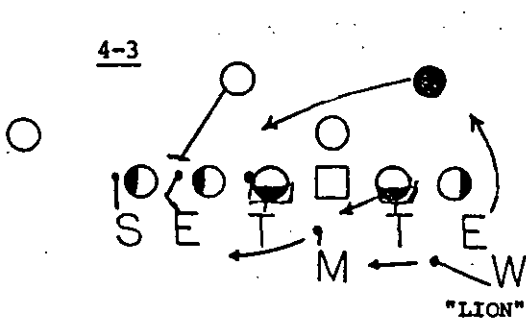
5. "LION" CALL - SAME RESPONSIBILITY AS REGULAR EXCEPT IT IS NOT NECESSARY TO MAINTAIN POSITION BEHIND THE DEFENSIVE END. THIS WILL ENABLE OUR DEFENSIVE END TO GET UPFIELD TO RUSH AND CONTAIN.



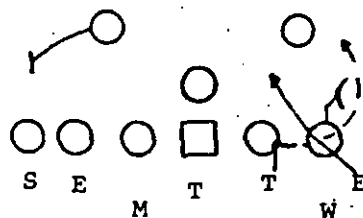
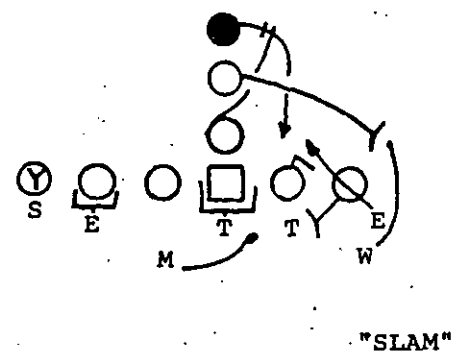
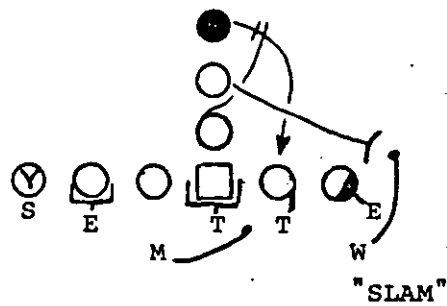
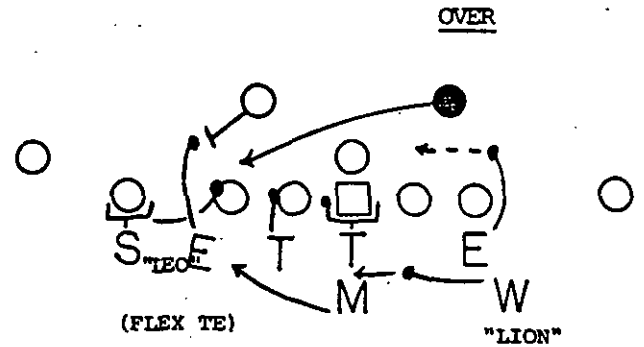
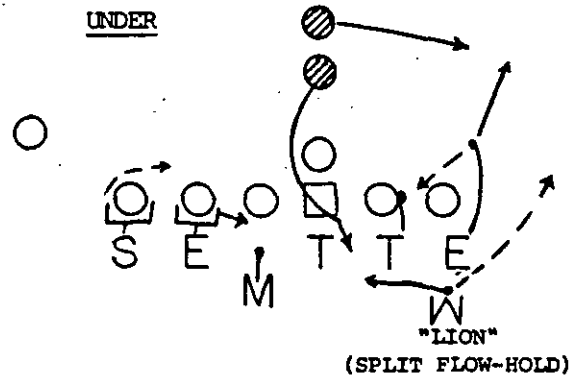
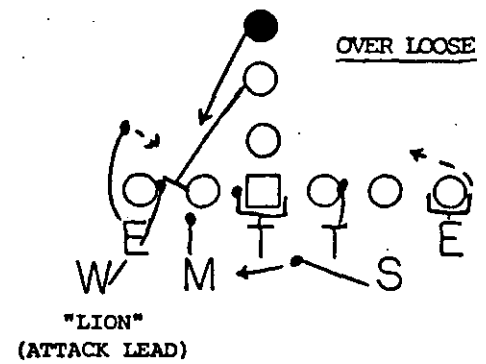
BALL AND BACK
THREATEN YOU
FILL TOUGH.

POSITION	ALIGNMENT	KEY	LEO - LION	RESPONSIBILITY
SAM-S/O	HEAD ON TE	TE		LEO CALL TO DE. AN EXCHANGE IN ASSIGNMENT BETWEEN LB/DE. YOU HAVE 4-5 HOLE. FILL THE 4-5 HOLE WHEN THE BALL AND BACKS SHOW. FLOW AW: PURSUE. THIS IS NOT A BLITZ.
MIKE			PLAY DEFENSE CALLED	
WILL-W/O	BY DEFENSE			LION CALL TO DE. AN EXCHANGE IN ASSIGNMENT BETWEEN LB/DE. YOU HAVE 4-5 HOLE. FILL 4-5 HOLE WHEN THE BALL AND BACKS SHOW. FLOW AW: PURSUE. COACHING POINT: THIS IS NOT A BLITZ.
LION END	BY DEFENSE	NEAR BACK-T		UPFIELD ON SNAP. CONTAIN ALL PLAYS YOUR SIDE. BALL AW: REVERSE AND QUARTERBACK KEEP. PASS CONTAIN. COACHING POINT: TIGHT END FLEX OR NASTY - YOU MUST BEAT DOWN BLOCK.
END			PLAY DEFENSE CALLED	
TACKLES			PLAY DEFENSE CALLED	

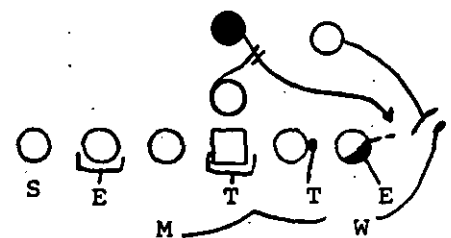
POSITION	ALIGNMENT	KEY	UN. SLAM	RESPONSIBILITY
S. - S/O		PLAY		DEFENSE CALLED.
MIKE		PLAY		DEFENSE CALLED.
WILL - W/O	TAN			SLAM CALL TO DE. AN EXCHANGE IN ASSIGNMENT BETWEEN LB/DE. YOU HAVE CONTAIN. FLOW TO: SCRAPE OFF DE AND CONTAIN. BALL AW: QUICK PURSUIT. CHECK W/S 2-3 S/S 4-5 HOLE.
				SPLIT FLOW: TAKE STEP TO CONTAIN, LOCATE BALL. YOU HAVE REVERSE AND QB KEEP.
SLAM END	KEEP ALIGNMENT TIGHT	TACKLE		CHARGE TO TWO GAP ON OT. SHRINK 4-5 HOLE. LBER HAS CONTAIN. NEVER GET HOOKED. OT RELEASES CLOSE HARD. PASS, SLAM TURNS INTO "ME" GAME.
END		PLAY		DEFENSE CALLED.
TACKLES		PLAY		C.P.: TACKLE TO SIDE OF CALL MUST RUN "ME" GAME WHEN PASS SHOWS.
46				DEFENSE CALLED.



LEO - LION



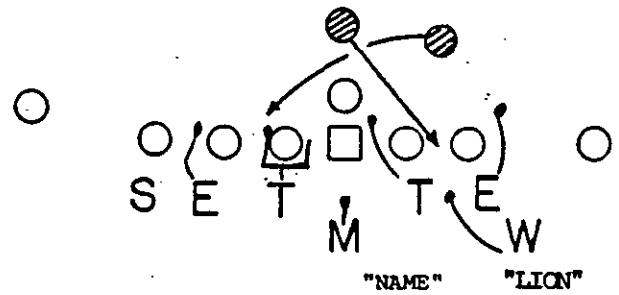
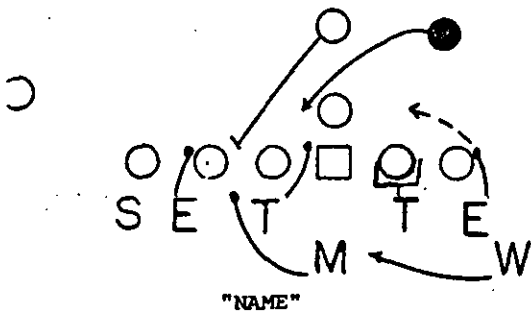
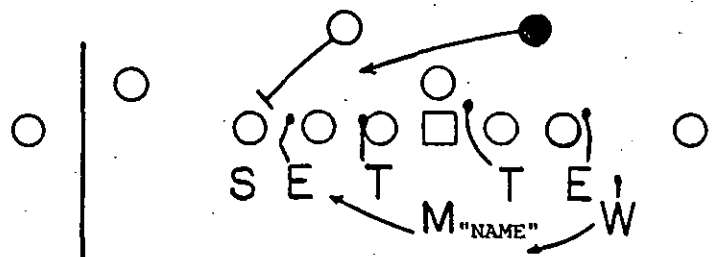
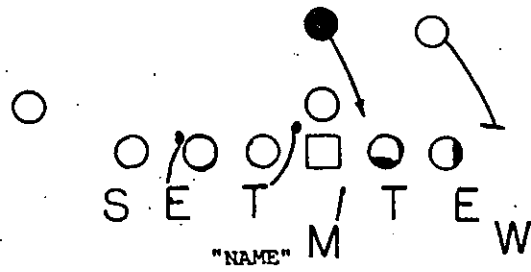
PASS
SLAM = "ME"



POSITION	ALIGNMENT	KEY	4-3 SPIKE	RESPONSIBILITY
SAM S/O			SAME AS 4-3 DEFENSE	
MIKE	SAME AS 4-3 DEFENSE CP: CAN CHEAT DEPTH.			MAKE "NAME CALL" AT L.O.S. LEFT OR RIGHT TACKLE WILL R.V.M. FLOW TO SCRAPE OFF DEF. TACKLE AND FILL. FLOW AWAY: GET IN PROPER PURSUIT. SPLIT FLOW: HOLD, FAVOR RAM SIDE.
WILL W/O	SAME AS 4-3 DEFENSE			COACHING POINT: "LION" OR "SLAM" IS GOOD CALL, ETC. WHEN TEAMS ARE RUNNING STUTTER ACTION OR SPLIT FLOW. HEAR MIKE'S CALL TO KNOW WHEN TO ADD THESE.
SS END			SAME AS 4-3 DEFENSE	
SS TACKLE	SAME AS 4-3 DEFENSE	GUARD CENTER		"NAME" CALL MEANS LEFT TACKLE RAM CHARGES TO GUARD/CENTER GAP. BE ALERT FOR CENTER BLOCKING BACK. PASS - PENETRATE AND BREAK THE POCKET. THIS STUNT WILL TURN INTO "TOMY GAME".
WS TACKLE	SAME AS 4-3 DEFENSE	GUARD CENTER		"NAME" CALL MEANS RIGHT TACKLE RAM CHARGES. COACHING POINT: IF YOU ARE NOT "SPIKE" TACKLE WHEN PASS SHOWS - GO AROUND (TOM OR TOMY GAME).
WS END	SAME AS 4-3 DEFENSE			COACHING POINT: BE ALERT FOR "LION" OR "SLAM" CALL FROM WILL.

POSITION	ALIGNMENT	KEY	RITA-LIL	RESPONSIBILITY
SAM S/O	4-3 OVL UN	BY DEFENSE		1. PLAY DEFENSE CALLED. 2. FOLLOW SUPPORT PATTERN 3. CLOSE OFF TACKLE HOLE. ON SAFETY OR CORNER SUPPORT 4. OVL - MUST MAKE RAM CALL.
MIKE	4-3 OVL UN	BY DEFENSE		RITA - RIGHT CALL FOR TACKLES. LIL - LEFT CALL FOR TACKLES. PLAY FLOW KEYS
WILL W/O	4-3 OVL UN	BY DEFENSE		1. PLAY DEFENSE CALLED. 2. FOLLOW SUPPORT PATTERN. 3. CLOSE OFF TACKLE HOLE. ON SAFETY OR CORNER SUPPORT. 4. UNL - MUST MAKE CALL. (VS NEAR)
SS END	4-3 OVL UN	BY DEFENSE		IF CALL GOES AWAY FROM YOU - FIRE TO A TWO-GAP POSITION. IF CALL TO YOU - PLAY DEFENSE CALLED. AUTOMATIC RAM CALL ON OVL DEFENSE.
SS TACKLE	4-3 OVL UN	BY DEFENSE		HEAR CALL FROM MIKE "RITA" OR "LIL". CH - CHARGE RIGHT OR LEFT. PLAY CH TECHNIQUE. DO NOT TIP CALL BY STANCE.
WS TACKLE	4-3 OVL UN	BY DEFENSE		HEAR CALL FROM MIKE "RITA" OR "LIL". CH - CHARGE RIGHT OR LEFT. PLAY CH TECHNIQUE. DO NOT TIP CALL BY STANCE.
WS F 143	4-3 OVL UN	BY DEFENSE		IF CALL GOES AWAY FROM YOU - FIRE TO TWO-GAP POSITION. IF CALL TO YOU - PLAY DEFENSE CALLED. AUTOMATIC RAM CALL ON UNL DEFENSE VS. NEAR END.

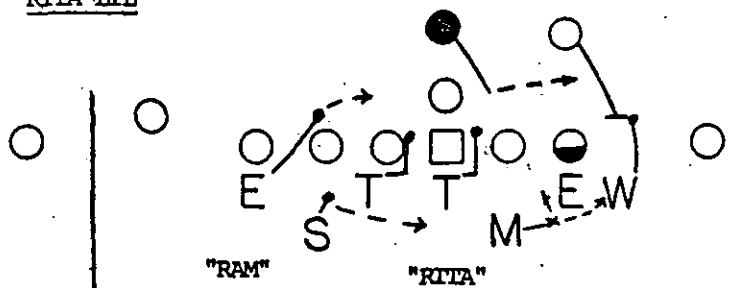
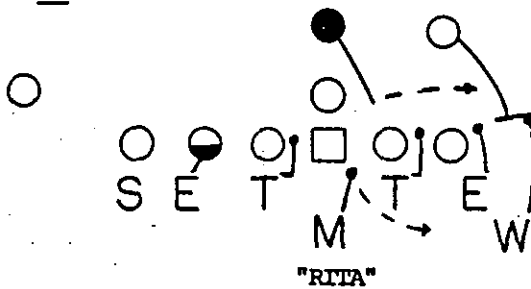
4-3 SPIKE



43

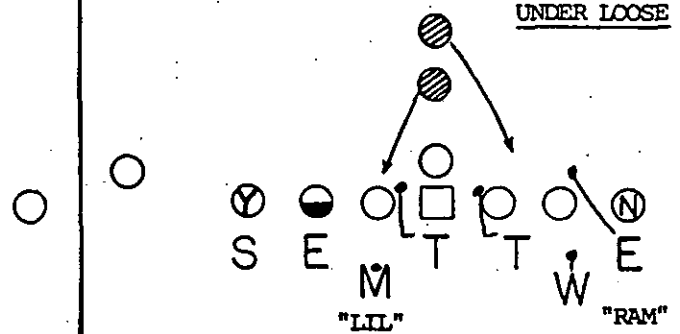
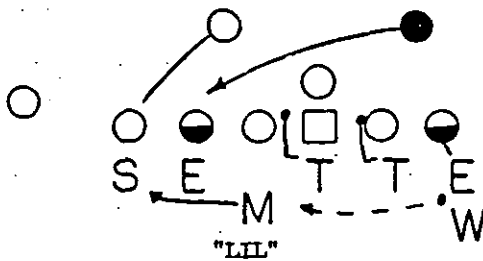
RTTA-LIL

OVER LOOSE




UNDER

UNDER LOOSE

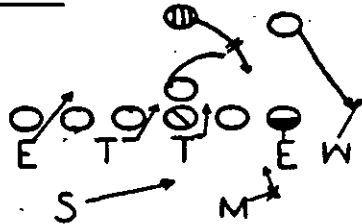


RITA-LIL DEFENSE FOR LINEBACKERS

SAM - S/O - SAME AS 4-3 KEYS. FOLLOW SUPPORT PATTERN.
 WILL - W/O - SAME AS 4-3 KEYS. FOLLOW SUPPORT PATTERN.
 MIKE: KEYS FOR RITA-LIL ALIGNMENT: SAME AS 4-3
 KEY:  QUARTERBACK TO BACKS.
 RESPONSIBILITY: REACT TO KEY AND FILL WHERE KEY DICTATES.
 "RITA" - RIGHT
 "LIL" - LEFT

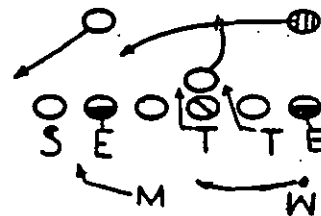
1. BALL TO RL CALL - CROSS OVER, DROP INSIDE SHOULDER AND MEET BLOCKER. CONTROL G/T GAP, LOCATE BALL AND PURSUE FROM INSIDE/OUT.

BROWN



CP: AUTOMATIC RAM

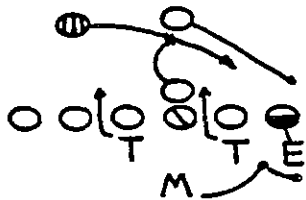
RED



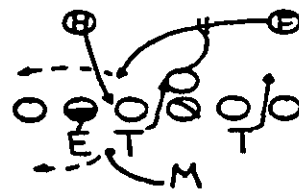
AUTOMATIC
"2-GAP"

2. BALL AWAY FROM RL CALL - GO WITH BALL AND PURSUE INSIDE/OUT. CHECK G/T GAP. FLOW - STACK WITH YOUR DEFENSIVE END.

YELLOW

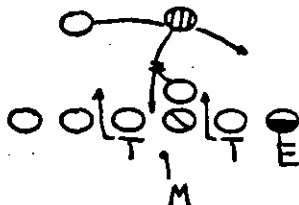


GREEN

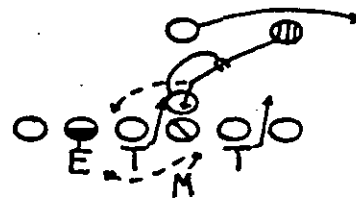



3. SPLIT FLOW - HOLD, LOCATE BALL AND PURSUE FROM INSIDE/OUT. CHECK C/G GAP TO SIDE OF CALL. (HOW LONG YOU HOLD WILL BE DETERMINED BY HOW QUICKLY YOU LOCATE THE BALL.)


YELLOW



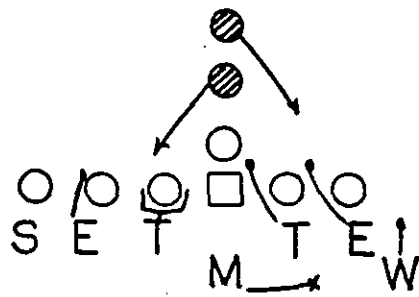
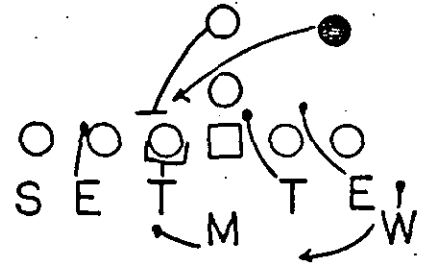
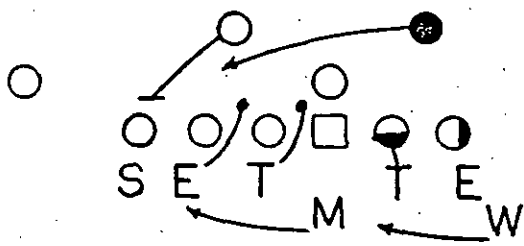
BROWN



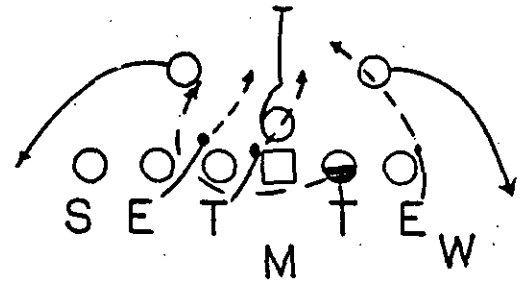
POSITION	ALIGNMENT	KEY	4-3 RAM	RESPONSIBILITY
SAM S/O	SAME	AS 4-3		"RAM" CALL YOUR SIDE, YOU HAVE REVERSE AND QB KEEP.
MIKE	HEAD ON CENTER CP: CAN CHEAT	DEPTH		NAME = LEFT, NAME = RIGHT. MIKE MAKES CALL. <u>FLOW TO CALL</u> : SCRAPE TO CALL. <u>FLOW AWAY FROM CALL</u> : SEARCH AND LOCATE THE BALL. <u>SPLIT FLOW</u> : FAVOR SIDE OF CALL.
WILL W/O	SAME	AS 4-3		"RAM" CALL YOUR SIDE, YOU HAVE REVERSE AND QB KEEP.
RAM END	4-3	GUARD		RAM CHARGE TO G/T GAP. 4-5 HOLE PASS - PENETRATE AND BREAK POCKET. COACHING POINT: MIKE WILL GIVE LEFT OR RIGHT CALL.
RAM TACKLE	4-3	CENTER		RAM CHARGE TO G/C GAP. 2-3 HOLE. PASS PENETRATE AND BREAK POCKET. YOU LANE IS TO FAR SIDE OF CENTER. COACHING POINT: MIKE GIVES LEFT OR RIGHT CALL.
4-3 TACKLE	4-3	GUARD		TWO-GAP. <u>FLOW TO</u> : LOCATE BALL. <u>FLOW AWAY</u> : PURSUE AROUND RAM END AND TACKLE. <u>PASS</u> : RUSH AROUND RAM END AND TACKLE, CONTAIN.
4-3 END	SAME	AS 4-3		SAME AS 4-3. COACHING POINT: MIKE WILL GIVE LEFT OR RIGHT CALL.

POSITION	ALIGNMENT	KEY	4-3 MARY (PINCH)	RESPONSIBILITY
SAM S/O	HEAD UP	SAFETY SUPPORT		1. DO NOT LET TE OFF FREE INSIDE. 2. TWO-GAP: YOU HAVE REVERSE AND QB KEEP.
MIKE	4-3	SLIGHTLY DEEPER 		YOU HAVE 6-7 HOLE. GO WITH BALL FROM INSIDE TO OUTSIDE.
WILL W/O	SAME AS 4-3 (VS. NEAR, HEAD ON)			TWO-GAP VS. NEAR - YOU HAVE REVERSE AND QB KEEP.
END		SAME AS 4-3 RAM		
TACKLE		SAME AS 4-3 RAM		

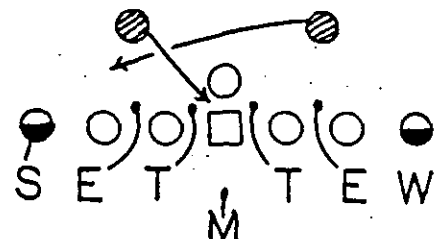
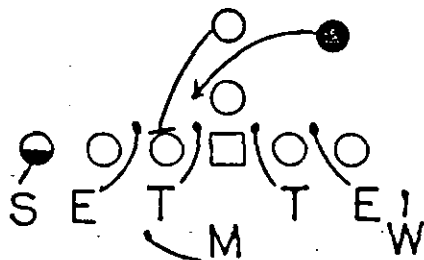
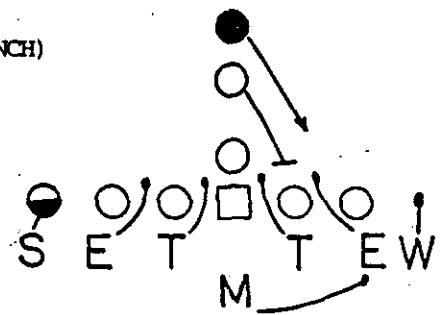
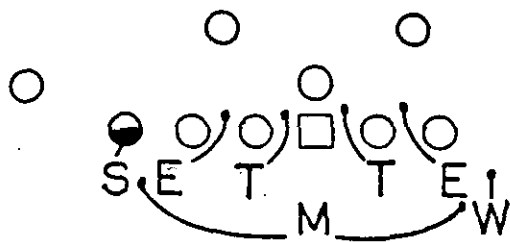
4-3 RAM




"SPLIT FLOW"




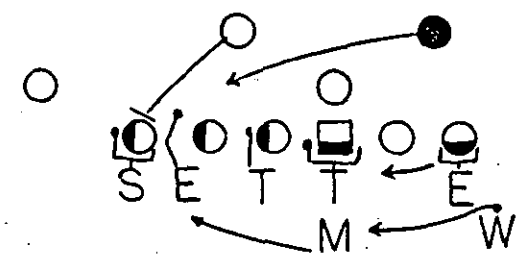
4-3 MARY (PINCH)



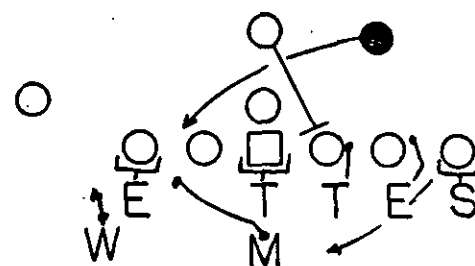
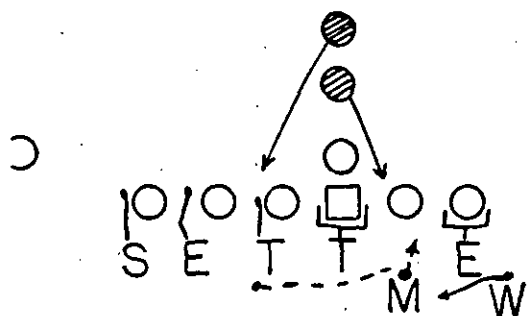
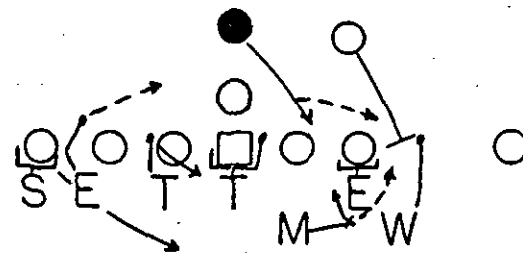
"SPIT FLOW"

POSITION	ALIGNMENT	KEY	OVER	RESPONSIBILITY
SAM-S/O	BY SUPPORT CALL (BACKER-SAFETY CORNER)			SAME AS 4-3. LOOSE CALL TO DE WHEN COVERAGE ALLOWS.
MIKE	RED: STACK ON CENTER BROWN: OKIE & CHEAT I: C/G GAP			FLOW TO: FILL TO BALL. FLOW AW: CROSSOVER - PURSUE - LOCATE BALL. SPLIT FLOW: HOLD - LOCATE BALL. W/S 4-5 S/S 2-3. CP: NEAR = OKIE ALIGNMENT.
WILL-W/O	BY SUPPORT CALL (BACKER-SAFETY CORNER)			REVERSE AND QB KEEP. END IS TWO GAP.
OVER END	OUTSIDE OF OT	SAME AS 4-3		HEAD ON TACKLE TO HEAD ON END - 6-7 HOLE. RUSH PASS - CONTAIN. YOU HAVE BOOT QUARTERBACK KEEP. LOOSE CALL - HEAD UP TE - TWO GAP - YOU HAVE REVERSE.
2-GAP END	HEAD ON OT	TACKLE		TWO GAP: CONTROL TACKLE. MAKE PLAY IN OR OUT 4-5/6-7 HOLE. BALL AWAY - CATCH FROM BEHIND. PASS - CONTAIN.
OVER TACKLE	OUTSIDE SHOULDER OF GUARD	G/T		HEAD ON GUARD TO HEAD ON TACKLE. 4-5 HOLE - PASS CAN USE INSIDE MOVE BREAK POCKET. COACHING POINT: 1-10 PASS SHOWS MUST RUSH INSIDE. 2-S
NOSE TACKLE	HEAD ON CENTER	CENTER		TWO GAP: HEAD ON RIGHT GUARD TO HEAD ON LEFT GUARD PASS: RUSH IN NORMAL 4-3 LANE. BREAK POCKET.

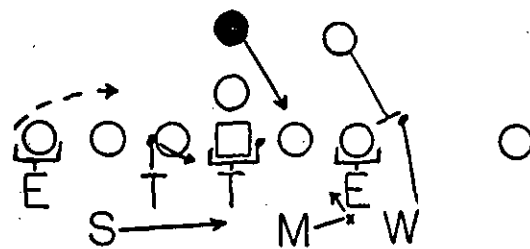
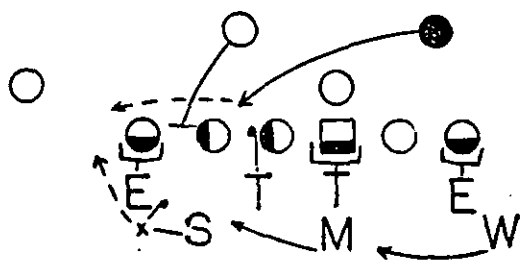
POSITION	ALIGNMENT	KEY	OVER LOOSE	RESPONSIBILITY
SAM-S/O	LOOSE			FLOW TO: STEP OUT. STACK WITH DE AND FILL TO BALL. FLOW AW: CROSSOVER - PURSUE - S/S 2-3 HOLE, W/S 4-5 HOLE. LOCATE BALL. SPLIT FLOW: HOLD. LOCATE BALL. S/S 6-7, S/S 2-3 HOLE.
MIKE	SAME AS OVER DEFENSE			
WILL-W/O	SAME AS OVER DEFENSE			REVERSE AND QUARTERBACK KEEP. END IS TWO-GAP.
OVER END	2 GAP ON TE	TE		TWO GAP: YOU HAVE CUT BACK. NEVER GET HOOKED. TE GOES INSIDE SHOVE AND CLOSE. PASS: CONTAIN. YOU HAVE REVERSE AND QUARTERBACK KEEP. BE ALERT FOR CALL FROM SAM.
2-GAP END	SAME AS OVER DEFENSE			
OVER TACKLE	OUTSIDE SHOULDER OF GUARD	GUARD		SAME AS OVER DEFENSE. BE ALERT FOR CALL FROM SAM. WE CAN VARY YOUR ALIGNMENT BY TEAM AND FORMATION.
NOSE TACKLE	SAME AS OVER DEFENSE			



OVER



OVER LOOSE



OVER DEFENSE FOR LINEBACKERS

OVER

SAM - S/O. SAME AS 4-3 KEYS. FOLLOW SUPPORT PATTERN.

WILL - W/O. SAME AS 4-3 KEYS. FOLLOW SUPPORT PATTERN.

MIKE - ALIGNMENT: 1. STACK WITH NOSE TACKLE ON CENTER VS. RED, YELLOW, AND TRIPS.
2. HEAD ON WS GUARD (OKIE) ON BROWN AND DOUBLE.
3-3½ YARDS OFF THE LINE OF SCRIMMAGE.
3. "I" - W/S CENTER - GUARD GAP 3-3½ DEEP.

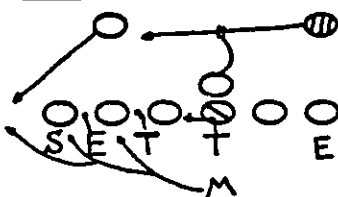
KEY:

RESPONSIBILITY: REACT TO KEY AND FILL, WHERE KEY DICTATES.

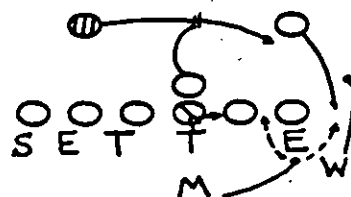
1. STACK ON CENTER ALIGNMENT

- a. ON FLOW AND FLOW WEAK - CROSSOVER STEP AND RUN. BEAT THE GUARD TO THE SIDE OF FLOW. ON FLOW WEAK - STACK WITH TWO GAP DEFENSIVE END. WORK TO GET SQUARED IN HOLE AT POINT OF ATTACK. BEAT THE BALL CARRIER TO THE HOLE. COACHING POINT: ALWAYS GO WITH THE BALL AND THE FLOW.

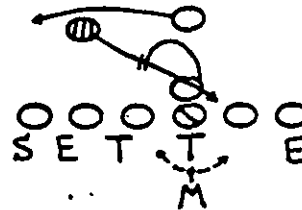
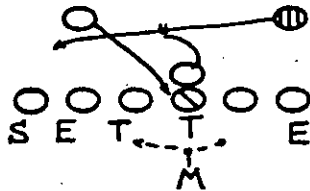
FLOW



FLOW WEAK

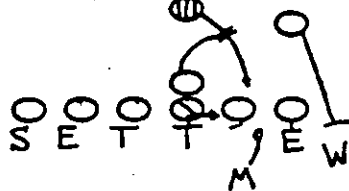


- b. SPLIT FLOW - HOLD! LOCATE THE BALL. COACHING POINT: ON COUNTER ACTION FAVOR THE TWO GAP SIDE.

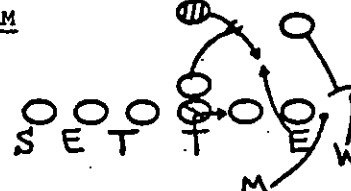


2. HEAD ON GUARD ALIGNMENT (OKIE)

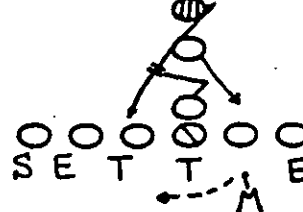
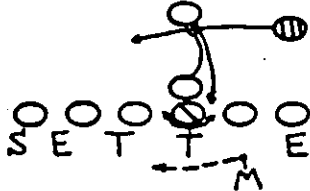
- a. FLOW TO: FILL TO BALL. TAKE-ON BLOCKER ON HIS OUTSIDE SHOULDER. GUARD/TACKLE GAP - CONTROL THE BLOCKER AND LOCATE THE BALL.



VS. RAM

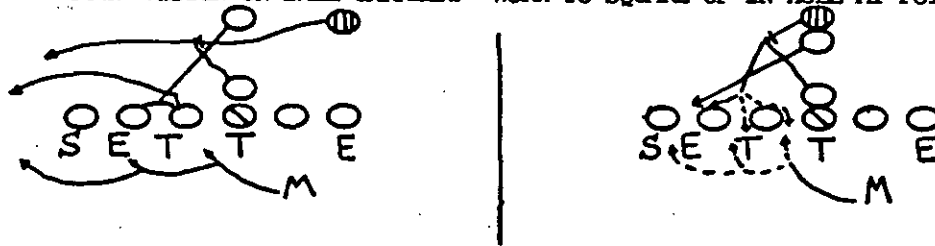


- b. SPLIT FLOW - HOLD! LOCATE THE BALL. COACHING POINT: ON COUNTER ACTION, FAVOR THE TWO GAP SIDE.

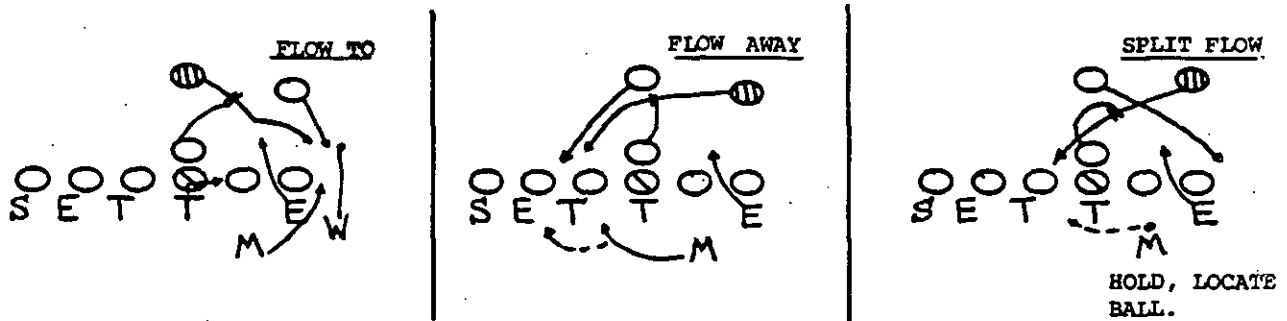


OVER KEYS - LINEBACKERS cont.

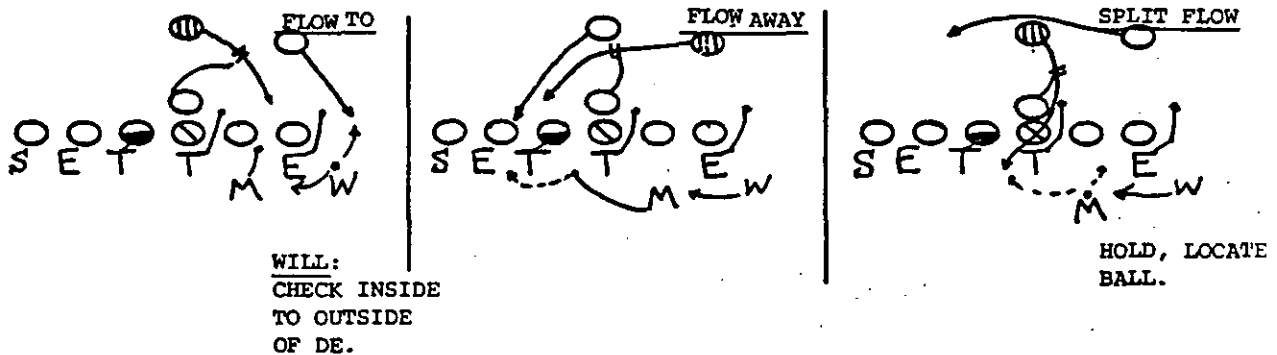
- c. FLOW AWAY - CROSSOVER - GO WITH BALL FROM INSIDE-OUT.
KEEP VISION ON BALL CARRIER. WORK TO SQUARE UP IN HOLE AT POINT OF ATTACK.



3. "RAM" CALL - AN AUDIBLE CALL MADE BY MIKE AT THE LINE OF SCRIMMAGE IN A 1-10, SECOND AND SHORT SITUATION. USED VS. LARGE SPLITS, OR AS A CHANGE-UP IN DEFENSIVE ENDS CHARGE. THIS IS A GOOD CALL TO GET PENETRATION IN THE POCKET ON A PASS. CALL TO TWO GAP SIDE - MIKE KEY FLOW. FLOW TO - SIDE OF RAM. SCRAPE OFF YOUR DEFENSIVE END, SQUARE UP AND MEET THE BALL. FLOW AWAY - FROM SIDE OF RAM - CROSS-OVER AND KEEP VISION ON BALL CARRIER. CHECK 2-3 GAP AWAY FROM "RAM" AND PURSUE. SPLIT FLOW - HOLD AND FAVOR RAM SIDE, LOCATE THE BALL, THEN PURSUE.



4. "EVEN" CALL - AN AUDIBLE CALL MADE BY MIKE AT THE LINE OF SCRIMMAGE. USED WHEN A TEAM IS RUNNING AT THE BUBBLE OR AWAY FROM OUR OVER DEFENSE. CALL TO TWO GAP SIDE. MIKE KEY FLOW. FLOW TO - SIDE OF EVEN THE BALL AND BACK ATTACK YOUR HOLE FILL. FLOW AWAY - PURSUE AND CHECK 2-3 GAP AWAY FROM EVEN. SPLIT FLOW - HOLD AND LOCATE THE BALL. CHECK 4/5 GAP TO THE SIDE OF BUBBLE AND 2/3 GAP AWAY FROM BUBBLE. PURSUE.



OVER-LOOSE DEFENSE FOR LINEBACKERS

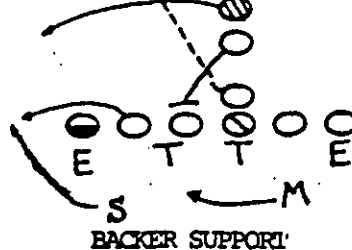
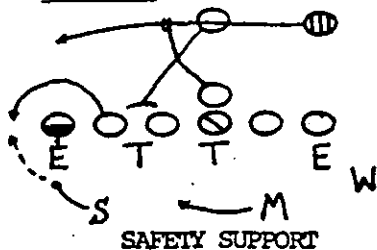
OVER LOOSE (SAM AND S/O)

ALIGNMENT: LOOSE. HEAD-ON TO OUTSIDE SHOULDER OF OT. 3-3½ YARDS
OFF THE LINE OF SCRIMMAGE.

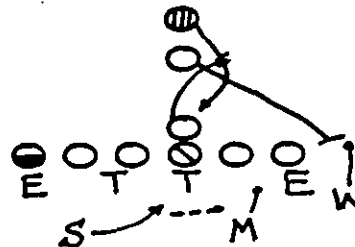
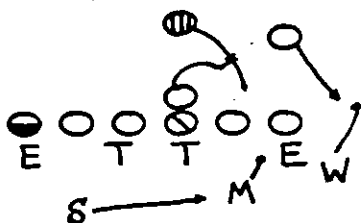
KEY: 

RESPONSIBILITY: REACT TO KEY AND FILL WHERE KEY DICTATES.

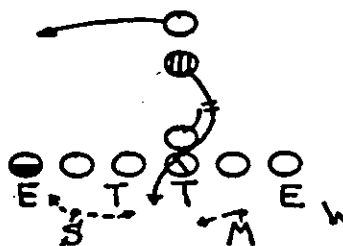
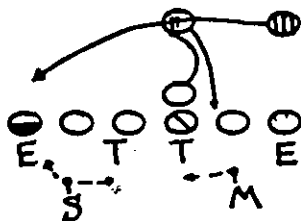
1. FLOW TO - STACK WITH THE DEFENSIVE END AND FILL INSIDE OR OUTSIDE ON BALL.



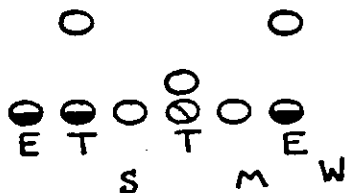
2. FLOW AWAY - CROSSOVER - PURSUE - GO WITH THE FLOW. PURSUE THE BALL FROM INSIDE-OUT. CHECK STRONGSIDE 2-3, THEN WEAKSIDE 4-5 HOLE. BE A FACTOR ON WEAKSIDE RUNS.



3. SPLIT FLOW - HOLD! LOCATE THE BALL. CHECK STRONGSIDE 6-7 AND STRONGSIDE 2-3 HOLE. PURSUE.

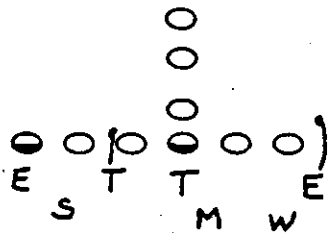


OVER STACK (SAM AND S/O)

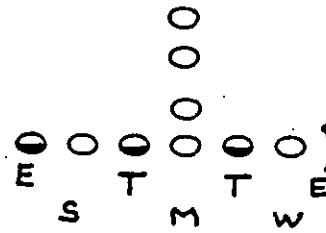


WEAKSIDE LINEBACKER: SAME AS 4-3 KEYS. FOLLOW SUPPORT PATTERN.
MIKE: SAME AS DESCRIBED IN OVER DEFENSE.

OVER TWIN (LOOSE)



4-3 DOUBLE LOOSE

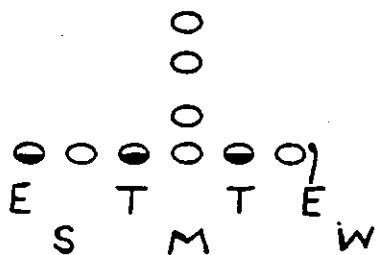


SAM - SAME AS OVL EXCEPT FOR WILL AND W/S END.

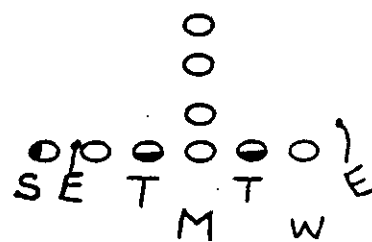
NOTE: END HAS AUTOMATIC "LION".



WILL 2 GAP ON TACKLE PLAY AS LOOSE ALIGNMENT.



4-3 STRONG LOOSE

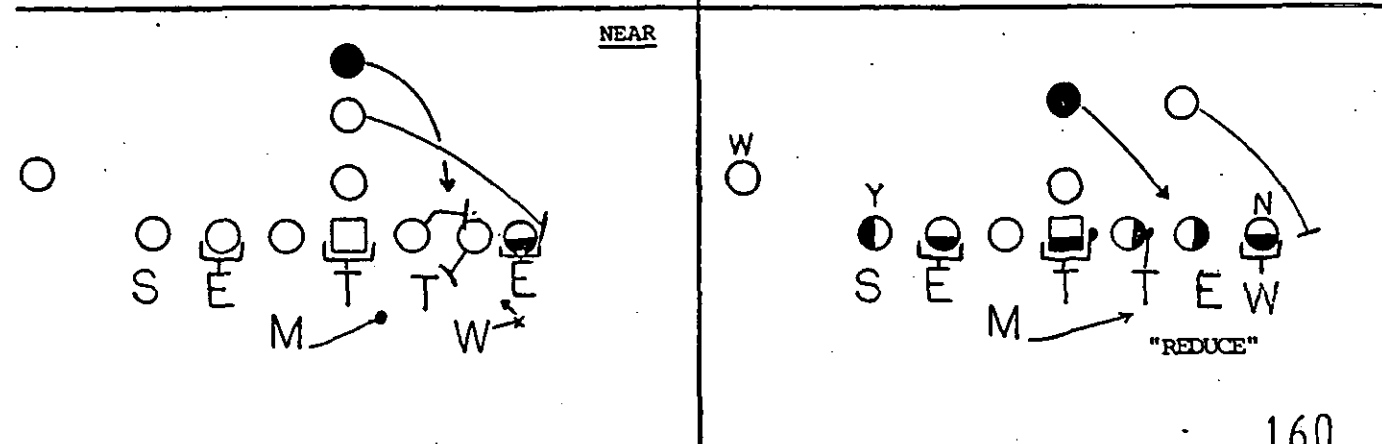
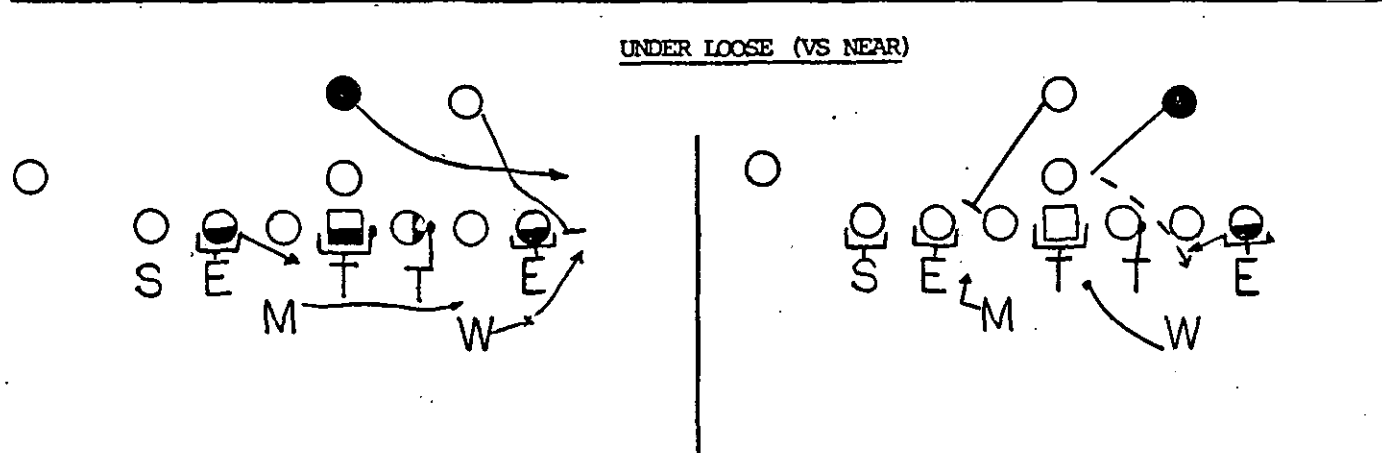
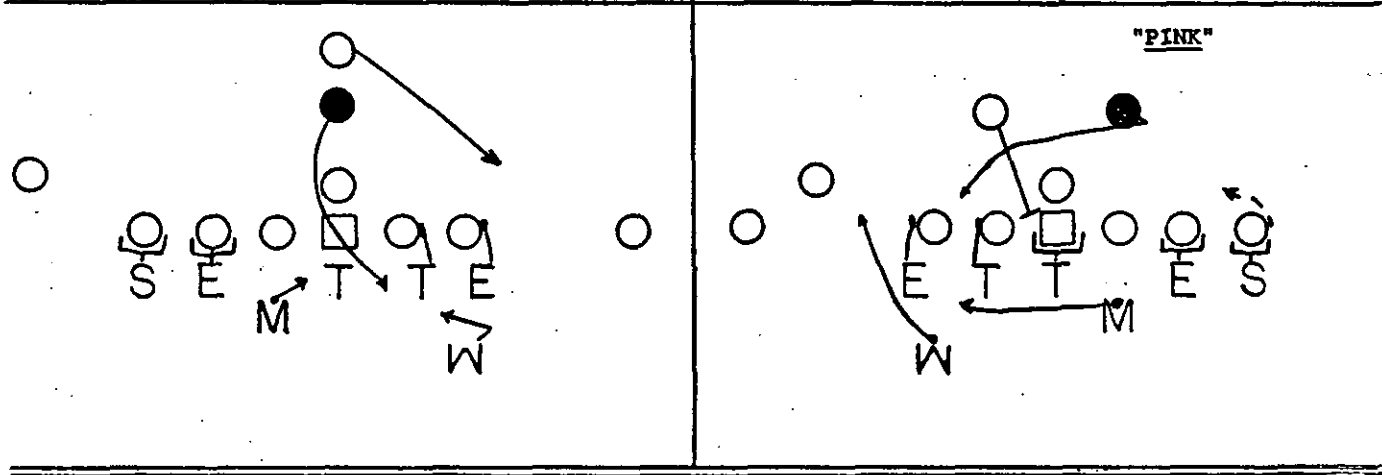
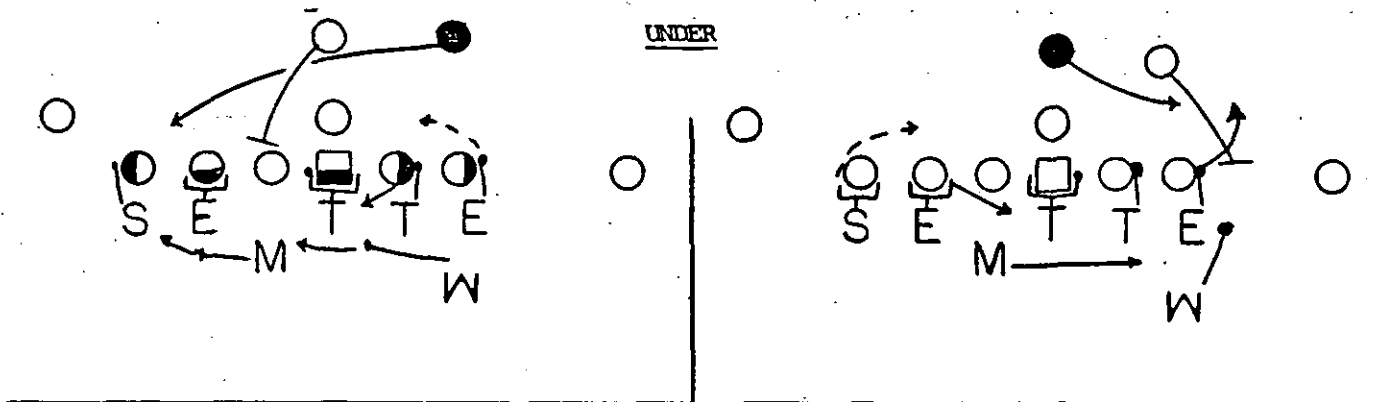


4-3 LOOSE



POSITION	ALIGNMENT	KEY	UNDER	RESPONSIBILITY
SAM-S/O	BY SUPPORT CALL (BACKER-SAFETY-CORNER)			DEFENSE END IS 2-GAP (HEAD ON TACKLE). BE AWARE OF INSIDE RUNNING LANE. YOU HAVE REVERSE AND QUARTERBACK KEEP.
MIKE	OKIE			FLOW TO: FILL TO BALL. FLOW AW: CROSSOVER - PURSUE - LOCATE THE BALL. SPLIT FLOW: HOLD - LOCATE THE BALL. S/S 4-5 W/S 2-3 HOLE.
WILL-W/O	LOOSE TAN			FLOW TO: SCRAPE OFF DE AND CONTAIN. FLOW AW: CROSSOVER - PURSUE - CHECK W/S 2-3 S/S 4-5 HOLE. SPLIT FLOW: HOLD-LOCATE BALL. CHECK W/S 2-3 HOLE PASS DOWN: HIP ALIGNMENT.
2 GAP END	HEAD ON OT	TACKLE		TWO-GAP CONTROL TACKLE - MAKE PLAY IN OR OUT. 4-5/6-7 HOLE. BALL AWAY CATCH FROM BEHIND. PASS - CONTAIN.
UNDER END	OUTSIDE OF OT	TACKLE		SAME AS 4-3. VS. NEAR - LOOSE ALIGNMENT TWO-GAP ON NEAR. PASS - CONTAIN. YOU HAVE REVERSE AND QB KEEP.
UNDER TACKLE	OUTSIDE SHOULDER GUARD	GUARD		CAN NOT GET HOOKED. HEAD ON GUARD , HEAD ON TACKLE 4-5 HOLE. CP: 1-10 - PASS SHOWS MUST RUSH INSIDE. 2-5
NOSE TACKLE	HEAD ON CENTER	CENTER		TWO-GAP: CONTROL CENTER. HEAD ON RG TO HEAD ON LG. PASS: RUSH IN NORMAL 4-3 LANE. BREAK POCKET.


SITION	ALIGNMENT	KEY	UNDER-LOOSE (VS NEAR)	RESPONSIBILITY
SAM-S/O	SAME AS UNDER DEFENSE			COACHING POINT: REVERSE AND QUARTERBACK KEEP (END IS TWO-GAP)
MIKE	OKIE			SAME AS UNDER
WILL W/O	LOOSE CP: "REDUCE" IF COVERAGE DICTATES.			FLOW TO: STEP OUT - STACK WITH DE - FILL TO BALL FLOW AW: CROSSOVER - PURSUE -CHECK S/S 4-5 HOLE. SPLIT FLOW: HOLD - CHECK 2-3 HOLE.
2 GAP END	SAME AS UNDER			
UNDER END	1. LOOSE 2. NEAR END	1.T/G Near Bk 2.NEAR END		1. CLOSE INSIDE. CONTAIN SWEEP. PASS - CONTAIN. 2. TWO-GAP: CONTROL NEAR END 6-7/8-9 HOLE. PASS - CONTAIN. YOU HAVE REVERSE AND QUARTERBACK KEEP.
UNDER TACKLE	SAME AS UNDER	GUARD		HEAD ON GUARD TO HEAD ON TACKLE 4-5 HOLE. PASS - MAY USE INSIDE MOVE. COACHING POINT: CANNOT GET HOOKED BY GUARD.
NOSE TACKLE	HEAD ON CENTER	GUARD		TWO GAP: HEAD ON RIGHT GUARD TO HEAD ON LEFT GUARD PASS - RUSH IN NORMAL 4-3 LANE. BREAK POCKET.



UNDER DEFENSE FOR LINEBACKERS

SAM - S/O. SAME AS 4-3 KEYS. FOLLOW SUPPORT PATTERN.

MIKE: KEYS AND RESPONSIBILITIES FOR UNDER DEFENSE.

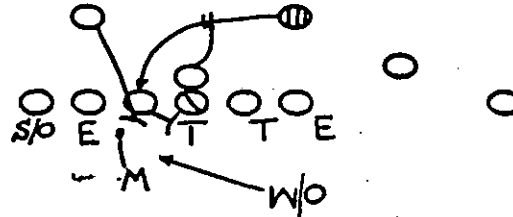
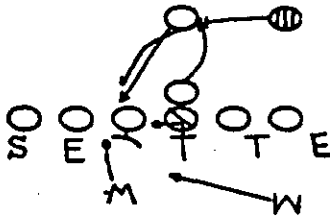
ALIGNMENT:  HEAD ON SS GUARD. 3-3½ YARDS OFF THE LOS.

KEY:

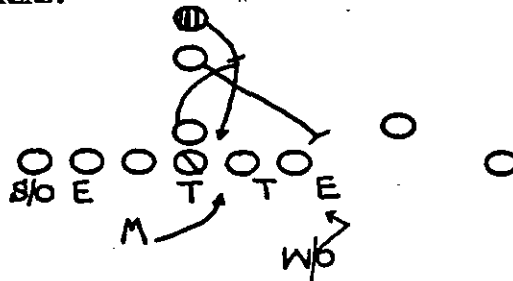
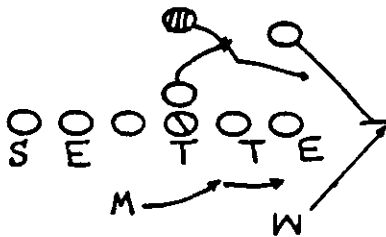
RESPONSIBILITY: REACT TO KEYS AND FILL WHEN KEY DICTATES.

1. OKIE ALIGNMENT - HEAD-ON TO OUTSIDE SHOULDER OF OFFENSIVE GUARD

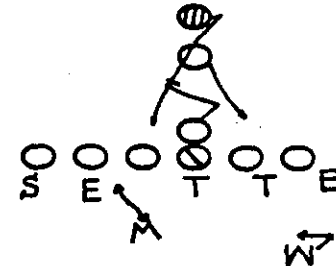
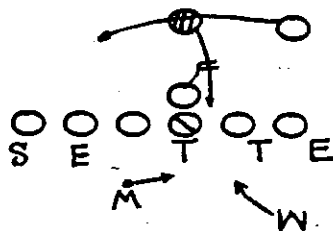
- a. FLOW TO: FILL TO BALL. TAKE-ON BLOCKER ON HIS OUTSIDE SHOULDER (GUARD/TACKLE GAP). CONTROL THE BLOCKER AND LOCATE THE BALL.



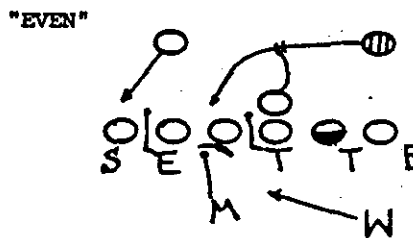
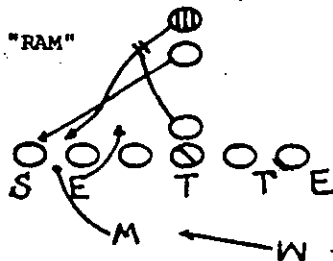
- b. FLOW AWAY - CROSSOVER - PURSUE THE BALL FROM THE INSIDE OUT. CHECK W/S CENTER/GUARD (2/3) GAP. BE A FACTOR ON WEAKSIDE RUNS.



- c. SPLIT FLOW - HOLD AND LOCATE THE BALL. CHECK THE STRONGSIDE 4-5, THEN WEAKSIDE 2-3 GAPS. PURSUE.



- d. RAM OR EVEN CALL - USED IN THE SAME MANNER AS HAS BEEN DESCRIBED IN OVER DEFENSE FOR MIKE.



UNDER DEFENSE KEYS FOR WILL - W/O LINEBACKER

WILL - W/O

ALIGNMENT: 1. TAN ALIGNMENT. STACK BEHIND DEFENSIVE END 3-3½ YARDS DEEP.

2. REDUCE ALIGNMENT. SAME AS 4-3 KEYS. FOLLOW SUPPORT PATTERN.

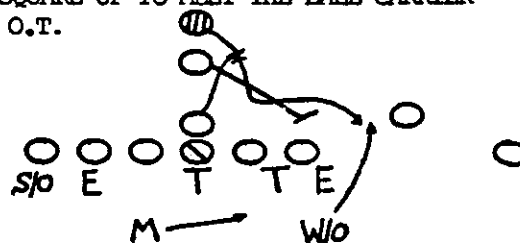
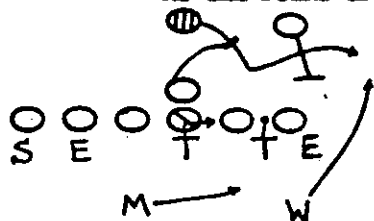
KEY: TACKLE 

RESPONSIBILITY: LOOSE. REACT TO KEY AND FILL WHERE KEY INDICATES.

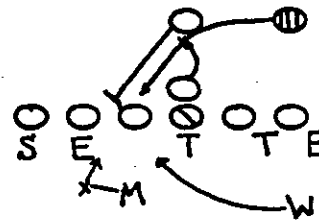
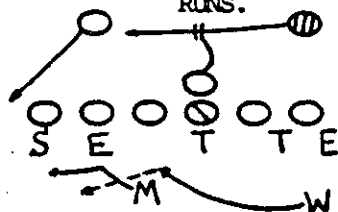
COACHING POINT: VS. NEAR - SAME KEY AND RESPONSIBILITY AS SAM ON OVER-LOOSE.

1. TAN ALIGNMENT:

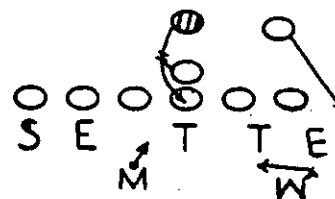
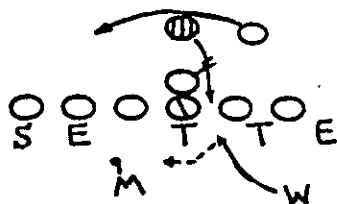
a. FLOW TO - SCRAPE OFF DEFENSIVE END AND SQUARE UP TO MEET THE BALL CARRIER AT THE POINT OF ATTACK. READ O.T.



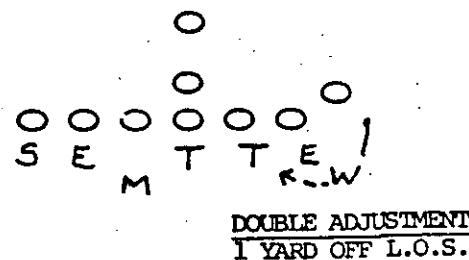
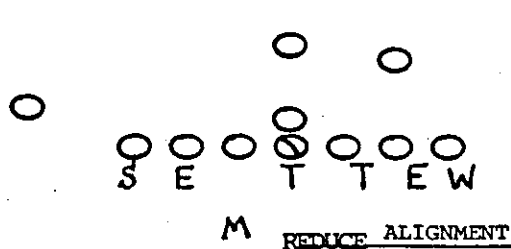
b. FLOW AWAY - CROSSOVER - PURSUE THE BALL FROM INSIDE-OUT. BE A FACTOR ON STRONGSIDE RUNS.




c. SPLIT FLOW - HOLD! LOCATE THE BALL AND CHECK WEAKSIDE 2-3 HOLE. PURSUE.




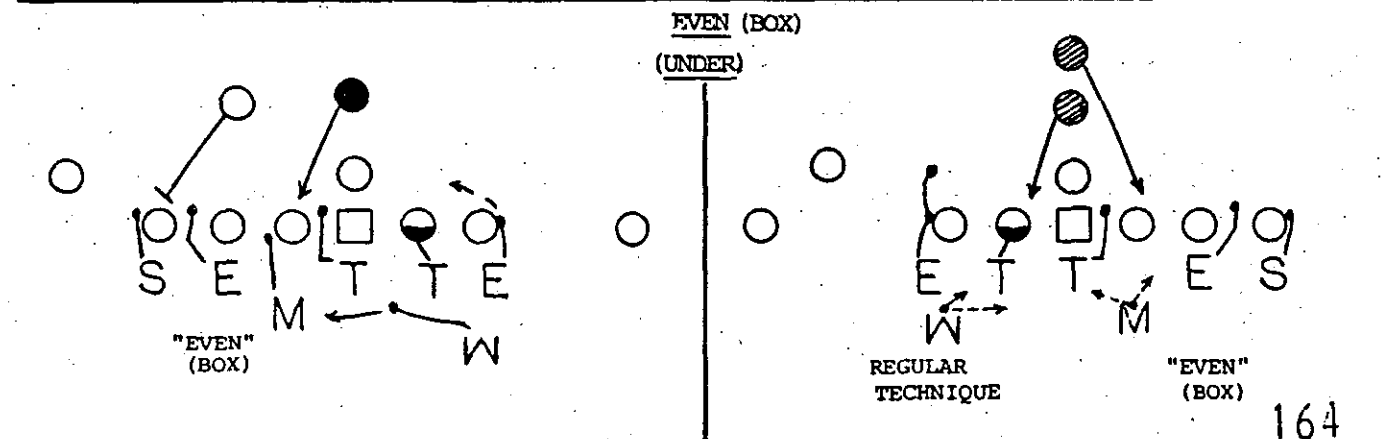
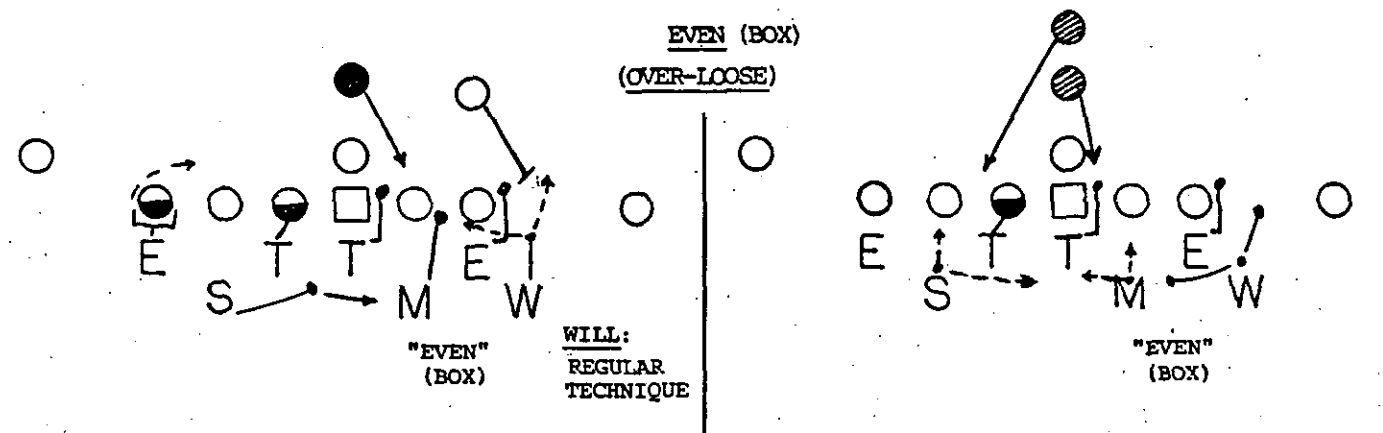
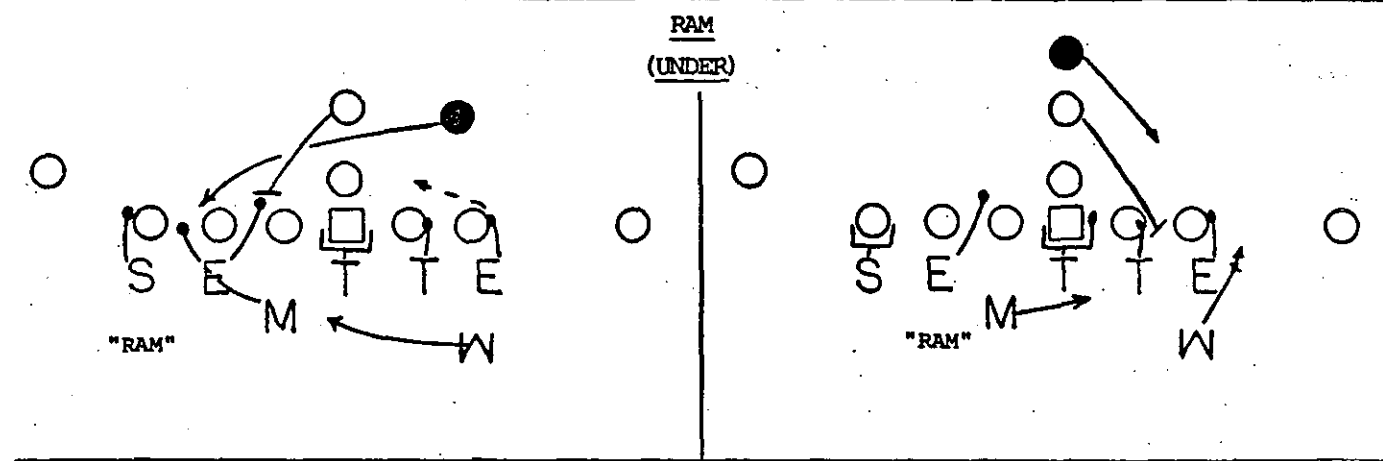
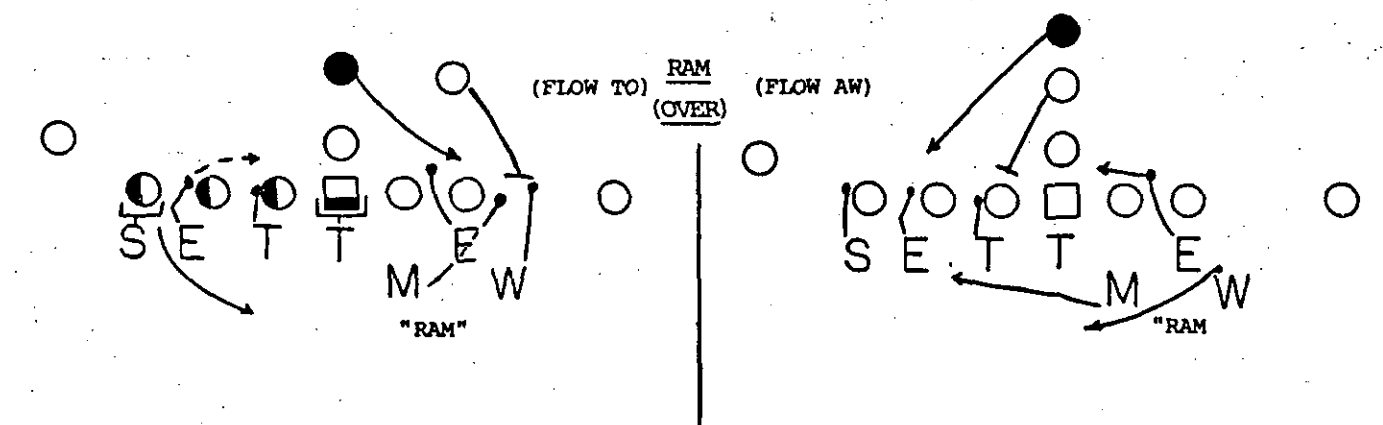
2. REDUCE - SAME AS 4-3 KEYS. FOLLOW SUPPORT PATTERN. AN AUDIBLE CALL MADE BY WILL TO THE DEFENSIVE END TO HAVE HIM RETURN TO REDUCE ALIGNMENT FROM A STACK OR LOOSE ALIGNMENT. THIS CALL MAY BE MADE BY WILL WHEN THE COVERAGE OR SUPPORT IS SUCH AS WILL PREVENT OUR DEFENSE FROM CARRYING OUT THEIR ASSIGNMENT. EXAMPLE: BROWN LEFT NEAR VS. UNDER FREE COVERAGE. WE CAN BETTER CARRY OUT OUR ASSIGNMENTS IF WE ARE NOT IN A STACK OR LOOSE ALIGNMENT.





DOUBLE ADJUSTMENT
1 YARD OFF L.O.S.

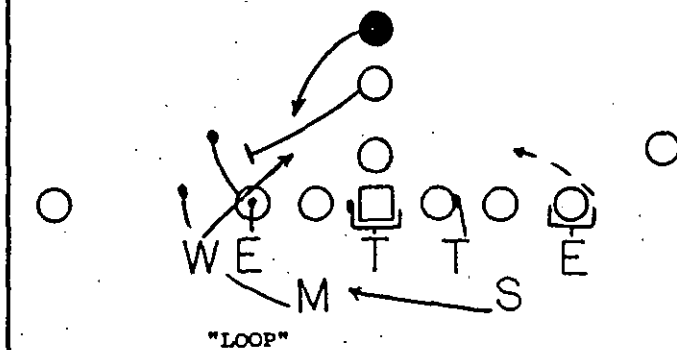
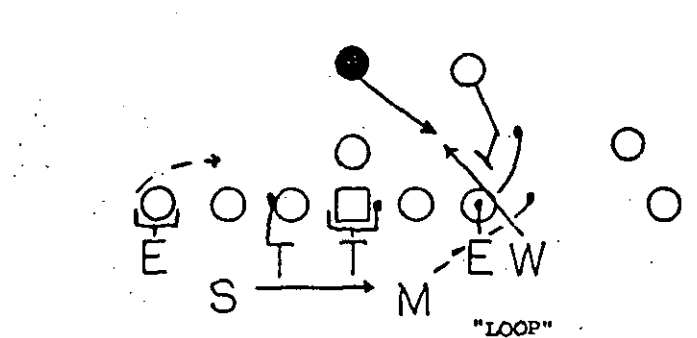
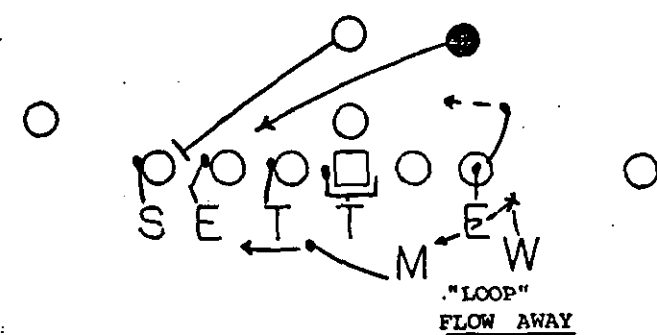
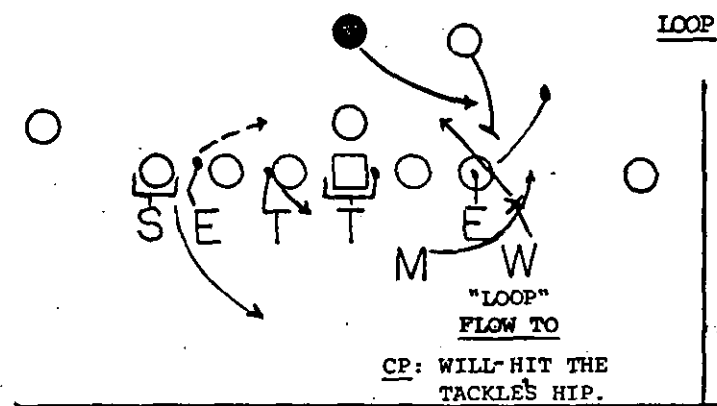
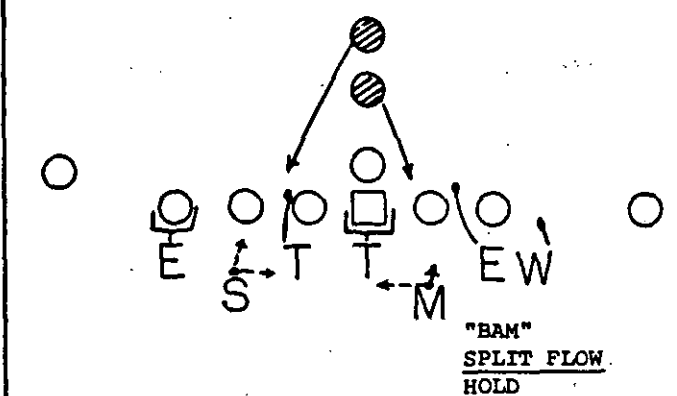
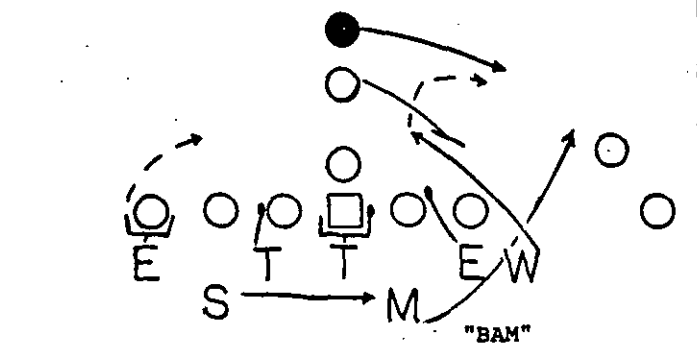
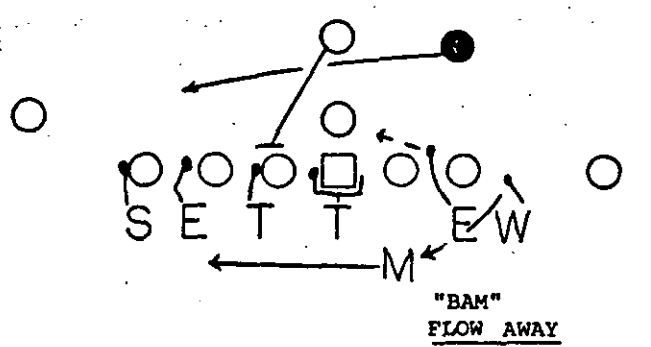
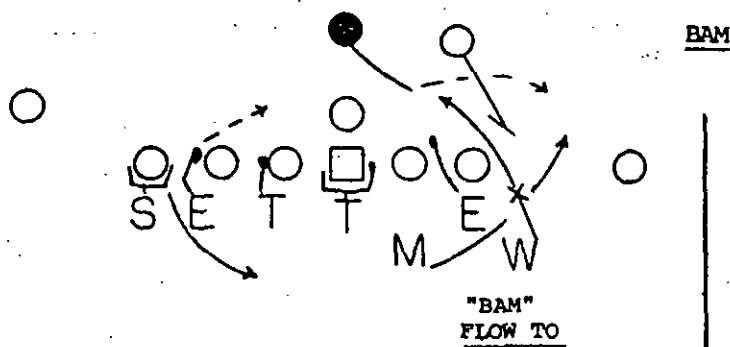
POSITION	ALIGNMENT	KEY	RAM (OVER OR UNDER)	RESPONSIBILITY
S/O	BY SUPPORT CALL	OVER OR UNDER		SAME AS OVER OR UNDER. COACHING POINT: UNDER - YOU HAVE REVERSE AND QUARTERBACK KEEP.
MIKE	BY DEFENSE			FLOW TO SIDE OF RAM: SCRAPE TIGHT OFF DE. SQUARE UP - TWO GAP. FLOW AWAY FROM RAM: SAME AS OVER OR UNDER. SPLIT FLOW: HOLD, LOCATE THE BALL. FAVOR SIDE OF RAM.
WILL-W/O	BY SUPPORT CALL	OVER OR UNDER		SAME AS OVER OR UNDER COACHING POINT: OVER - YOU HAVE REVERSE AND QUARTERBACK KEEP.
OV-UN END				SAME AS OVER OR UNDER.
TWO GAP END	HEAD ON TACKLE	GUARD		4-5 HOLE. DRIVE THROUGH GUARD TACKLE GAP. DO NOT GET DRIVEN OVER THE MIDDLE. MUST MAKE PENETRATION. DO NOT TIP STANCE. PASS - CONTINUE INSIDE - BREAK POCKET.
OV-UN TACKLE				SAME AS OVER OR UNDER
NOSE TACKLE	HEAD ON CENTER	CENTER		TWO GAP. AUTOMATIC "ME" ON PASS. CONTAIN OUTSIDE THE RAM END. COACHING POINT: DO NOT ANTICIPATE "ME" CONTROL CENTER FIRST.

POSITION	ALIGNMENT	KEY	EVEN (BOX) (OVER-LOOSE OR UNDER)	RESPONSIBILITY
SAM-S/O	1. OVER LOOSE 2. UNDER	BY DEFENSE		1. OVER LOOSE - NORMAL KEYS - SPLIT FLOW-HOLD, CHECK 4/5-2/3 HOLE. 2. UNDER - END IS "CH" CHARGE) TO TE/TACKLE GAP. PLAY NORMAL 4-3 DEFENSE.
MIKE	BY DEFENSE			FLOW TO: 4-5 HOLE OUTSIDE SHOULDER GUARD. FLOW AW: CROSSOVER - PURSUE - CHECK 2-3 HOLE. SPLIT FLOW: HOLD CHECK 4/5-2/3 HOLE. LOCATE THE BALL.
WILL-W/O	1. OVER 2. UNDER	BY DEFENSE		1. OVER - END IS ("CH" CHARGE) OUTSIDE SHOULDER OF TACKLE. 2. UNDER - LOOSE ALIGNMENT. CHECK 2-3 HOLE ON SPLIT FLOW.
TWO GAP END	1. OVER 2. UNDER	OT - NEAR BACK GUARD		"EVEN" CALL BY MIKE - "CH" CHARGE TO OUTSIDE SHOULDER OF OT. 4-3 RESPONSIBILITY. 6-7 HOLE. PASS CONTAIN. COACHING POINT: TE OR NEAR END PRESENT, STEP HARD TO HIM. (SAME AS "CH").
OVER END	1. OVER LOOSE 2. UNDER	BY DEFENSE		1. OVER LOOSE - PLAY DEFENSE CALLED. 2. UNDER - PLAY DEFENSE CALLED.
OVER TACKLE	OUTSIDE SHOULDER OF GUARD	GUARD		TWO GAP RESPONSIBILITY 4-5 AND 2-3 HOLE. PASS - RUSH PASSER AND BREAK POCKET. COACHING POINT: CONTROL TWO GAP CHARGE. ALERT FOR CUT BACK.
LE	HEAD ON CENTER	CENTER GUARD		"CH" CHARGE TO CENTER/GUARD GAP (2-3 HOLE). PASS - CONTINUE THROUGH CENTER/GUARD GAP. BREAK POCKET.




POSITION	ALIGNMENT	KEY	<u>BAM</u> (OVER-OVER LOOSE)	RESPONSIBILITY
SAM S/O			PLAY DEFENSE CALLED	
MIKE	OKIE		FLOW TO:	SCRAPE AND CONTAIN OUTSIDE WILL.
WILL W/O	HIP OR CR'K DISGUISE DO NOT TIP	FAR BACK TO NEAR BACK	GIVE "BAM" CALL. THE DE WILL MAKE A RAM CHARGE. FLOW TO: ATTACK AND PENETRATE UNDERNEATH THE LEAD BLOCKER. FLOW AWAY: NO BAM - QUICK PURSUIT. PASS - PLAY COVERAGE CALLED. IF FOOLED ON PLAY ACTION, GO THROUGH AND RUSH PASSER. VS. NEAR AND DOUBLE MUST NOT GET WASHED DOWN.	
<u>BAM</u> END	OVER OVER LOOSE	GUARD	RAM CHARGE AND KEY DO NOT TIP STANCE.	
END			PLAY DEFENSE CALLED	
TACKLES			PLAY DEFENSE CALLED	
NOTE: 1. BAM CALL - MUST BE BACK BY COVERAGE (WX, WSX, DX) 2. BAM TECHNIQUE IS USED WITH WILL BLITZ.				

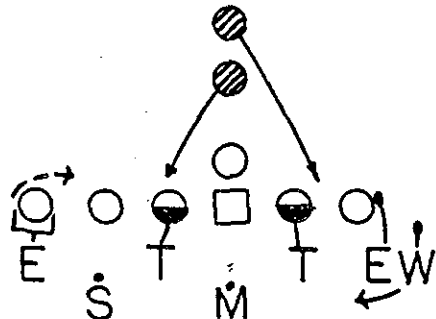
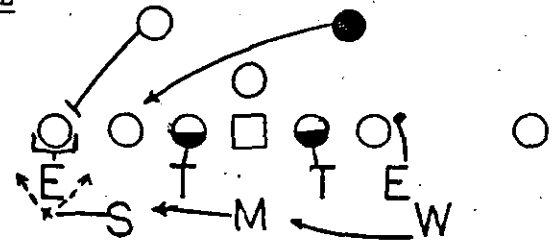
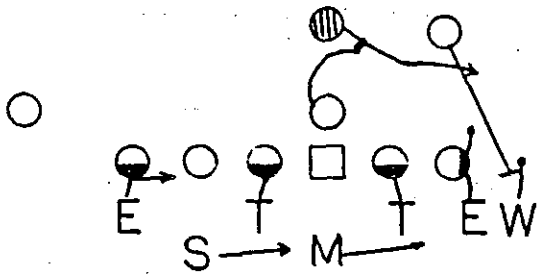
POSITION	ALIGNMENT	KEY	<u>LOOP</u> (OVER-OVER LOOSE)	RESPONSIBILITY
SAM S/O			PLAY DEFENSE CALLED	
MIKE	OKIE		FLOW TO :	SCRAPE TO CUT-BACK POSITION. DE HAS CONTAIN. FLOW AWAY AND SPLIT FLOW: PLAY NORMAL KEYS AND DEFENSE.
WILL W/O	HIP OR LOS DISGUISE DO NOT TIP	FAR BACK TO NEAR BACK	GIVE "LOOP" CALL. AN EXCHANGE IN ASSIGNMENT BETWEEN LB/DE. FLOW TO: YOU FIRE THROUGH OT'S OUTSIDE HIP AND PENETRATE UNDERNEATH THE LEAD BLOCKER. FLOW AWAY: NO LOOP - QUICK PURSUIT. PASS - PLAY COVERAGE CALLED.	
<u>LOOP</u> END	OVER OR OVER LOOSE	TACKLE	DRIVE HARD INTO TACKLE (TWO-GAP) LET LB CLEAR. FLOW TO: GET UPFIELD AND CONTAIN. FLOW AWAY: CHECK REVERSE QB KEEP. PASS CONTAIN. COACHING POINT: DO NOT TIP WITH STANCE.	
END			PLAY DEFENSE CALLED.	
TACKLES			PLAY DEFENSE CALLED.	
NOTE: 1. LOOP CALL - MUST BE BACKED UP BY COVERAGE (WX, WSX, DX). 2. LOOP TECH. CAN BE USED WITH WILL BLITZ.				



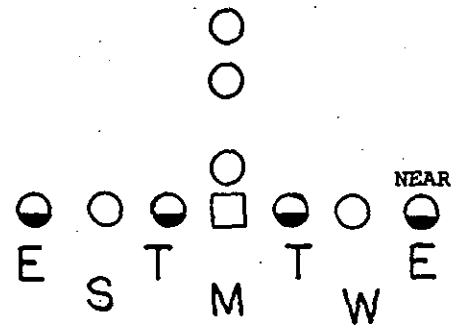
POSITION	ALIGNMENT	KEY	4-3 STRONG LOOSE	RESPONSIBILITY
AM S/O	SAME AS OVER LOOSE			COACHING POINT: REDUCE CALL PUTS YOU IN 4-3 FRONT. CAN USE RAM CALL, NO EVEN.
MIKE	SAME AS 4-3			
WILL W/O	SAME AS 4-3			
END TO TE	SAME AS OVER LOOSE			COACHING POINT: BE ALERT FOR REDUCE CALL OR RAM CALL. CALLS SAME AS OVER LOOSE.
END AWAY TE	SAME AS 43			
TACKLES	HEAD ON GUARD	GUARD		2-GAP TECHNIQUE

POSITION	ALIGNMENT	KEY	OVER STACK	RESPONSIBILITY
SAM S/O	STACK			FLOW TO: FILL 4-5 HOLE. SCRAPE OFF DEFENSIVE END. LOCATE THE BALL. FLOW AWAY: PURSUE W/S 4-5 HOLE. LOCATE BALL. SPLIT FLOW: HOLD, LOCATE BALL, CHECK S/S 4-5 HOLE.
MIKE	SAME AS OVER DEFENSE			
WILL W/O	SAME AS OVER DEFENSE			REVERSE AND QUARTERBACK KEEP. (END IS TWO-GAP).
OVER END				TWO-GAP. PASS-RUSH PASS CONTAIN. YOU HAVE REVERSE AND QUARTERBACK KEEP. COACHING POINT: BE ALERT FOR CALLS FROM "SAM".
TWO GAP END	SAME AS OVER DEFENSE			
OVER TACKLE	TWO GAP ON OT	OT		TWO GAP (4-5 HOLE) (6-7 HOLE) PASS - MUST USE INSIDE MOVE. BREAK POCKET. COACHING POINT: BE ALERT FOR CALLS FROM SAM
LOOSE TACKLE	SAME AS OVER DEFENSE			

4-3 STRONG LOOSE

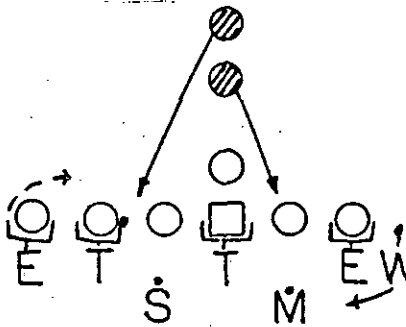
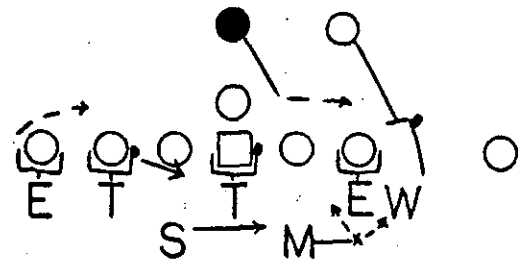
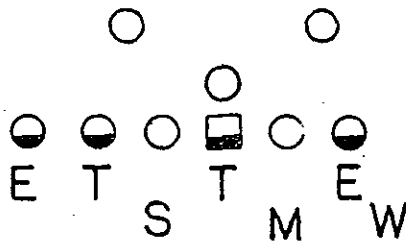


"SPLIT FLOW"
(HOLD)

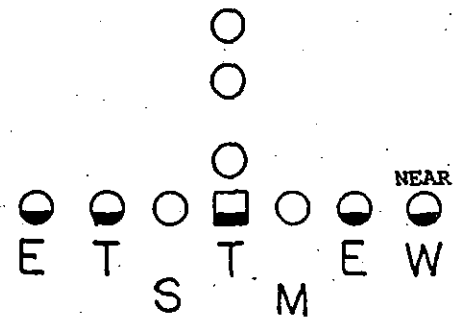




(DOUBLE LOOSE)



OVER STACK

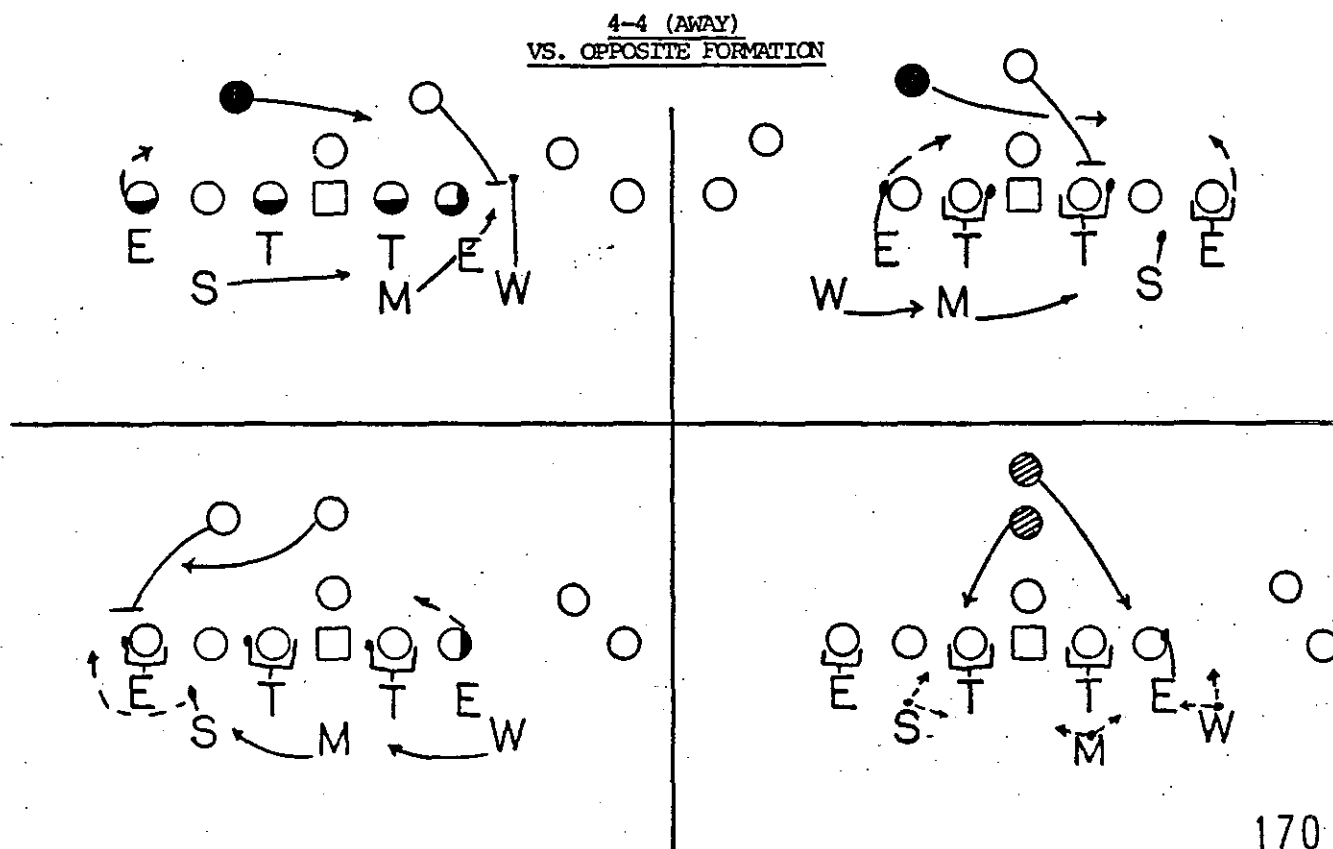
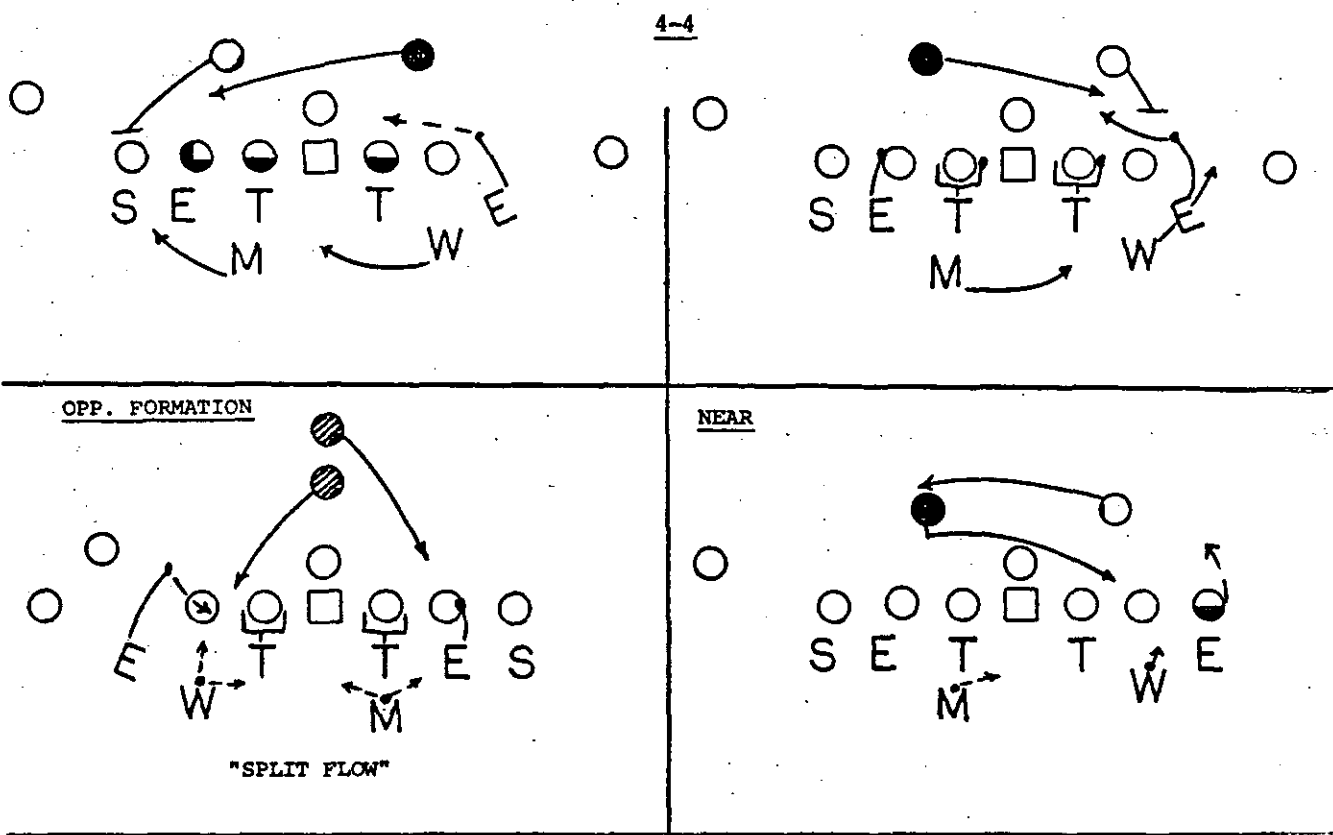


"SPLIT FLOW"
(HOLD)



POSITION	ALIGNMENT	KEY	4-4	RESPONSIBILITY
SAM	BY SUPPORT CALL (BACKER/ SAFETY/CORNER)			FOLLOW SUPPORT PATTERN.
MIKE	BR & I 2 GAP RED & YELLOW G/T GAP			1. <u>FLOW TO</u> : SCRAPE WITH DE, LOCATE THE BALL. 2. <u>FLOW AWAY</u> : PURSUE 2-3 HOLE AND LOCATE THE BALL. 3. <u>SPLIT FLOW</u> : HOLD 4-5/2-3 HOLES AND LOCATE THE BALL.
WILL	LOOSE			1. <u>FLOW TO</u> : FILL 4-5 HOLE; SCRAPE OFF DE, LOCATE THE BALL. 2. <u>FLOW AWAY</u> : PURSUE S/S 2-3/4-5 HOLES, LOCATE THE BALL. 3. <u>SP FL</u> : HOLD W/S 4-5/2-3 HOLES AND LOCATE THE BALL.
SS END	TIGHT ON OUT- SIDE SHOULDER OF OT.	SAME AS 4-3		SAME AS 4-3 COACHING POINT: KEEP OT OFF OF MIKE.
WS END	LOOSE. 1. HEAD ON NR. 2. "X" OUT-1 YD. OUT- SIDE OT.	1. NR END 2. T/G NR BACK		1. TWO GAP 6-7/8-9 HOLE - MAKE PLAY IN/OUT. PASS CONTAIN. 2. ON KEY - CLOSE INSIDE AND CONTAIN SWEEP. PASS CONTAIN. (SAME AS UNDER LOOSE END).
SS TACKLE	HEAD ON GUARD	GUARD		TWO GAP - HEAD ON CENTER TO HEAD ON TACKLE 2-3/4-5 HOLES. PASS - BREAK POCKET.
WS TACKLE	HEAD ON GUARD	GUARD		TWO GAP - HEAD ON CENTER TO HEAD ON TACKLE 2-3/4-5 HOLES. PASS - BREAK POCKET. COACHING POINT: CAN NOT BE HOOKED.


POSITION	ALIGNMENT	KEY	4-4 AW	RESPONSIBILITY
S/O	LOOSE			1. <u>FLOW TO</u> : FILL 4-5 HOLE; SCRAPE OFF DE, LOCATE BALL. 2. <u>FLOW AWAY</u> : PURSUE 2-3/4-5 HOLE AND LOCATE THE BALL. 3. <u>SP FL</u> : HOLD 4-5/2-3 HOLES AND LOCATE THE BALL.
MIKE	MOVE SS BE- TWEEN G/T. (DISGUISE)			1. <u>FLOW TO</u> : SCRAPE WITH DE, LOCATE THE BALL. 2. <u>FLOW AWAY</u> : PURSUE 2-3 HOLE AND LOCATE THE BALL. 3. <u>SP FL</u> : HOLD 4-5/2-3 HOLES AND LOCATE THE BALL.
W/O	BY SUPPORT CALL (BACKER/ SAFETY/CORNER)			FOLLOW SUPPORT PATTERN.
SS END	LOOSE. 1. HEAD ON TE. 2. TE OPEN YD. OUT- SIDE OT.	1. TE END 2. T/G TE BACK		1. TWO GAP 6-7/8-9 HOLE MAKE PLAY IN/OUT. PASS CONTAIN. 2. ON KEY: CLOSE INSIDE AND CONTAIN SWEEP. PASS CONTAIN. (SAME AS OVER LOOSE).
WS END	TIGHT ON OUT- SIDE SHOULDER OF OT.	SAME AS 4-3		SAME AS 4-3 COACHING POINT: KEEP OT OFF OF MIKE.
SS TACKLE	HEAD ON GUARD	GUARD		TWO GAP - HEAD ON CENTER TO HEAD ON TACKLE 2-3/4-5 HOLES. PASS - BREAK POCKET. CP: CAN NOT BE HOOKED.
WS TACKLE	HEAD ON GUARD	GUARD		TWO GAP - HEAD ON CENTER TO HEAD ON TACKLE 2-3/4-5 HOLES. PASS - BREAK POCKET.



4-4 DEFENSE FOR LINEBACKERS

4-4 KEYS

SAM - SAME AS 4-3
WILL - SAME AS LOOSE
MIKE - ALIGNMENT:

KEY:  (QUARTERBACK TO BACKS)

RESPONSIBILITY: REACT TO KEY AND FILL WHERE YOUR KEY DICTATES.

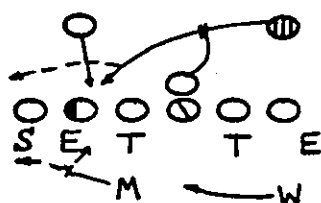
4-4 AWAY

S/O - SAME AS LOOSE

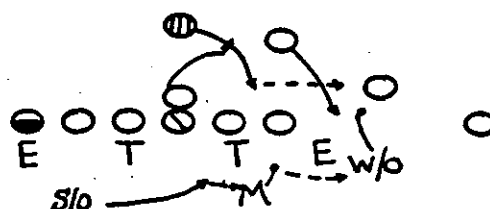
W/O - SAME AS 4-3

3-3½ YARDS OFF LOS (DISGUISE).

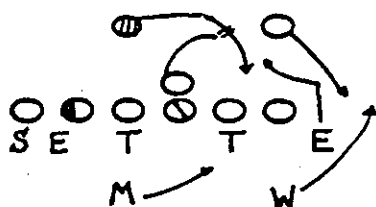
1. FLOW TO - FILL 4-5 HOLE. STACK WITH YOUR DEFENSIVE END. LOCATE THE BALL AND PURSUE IN/OUT.



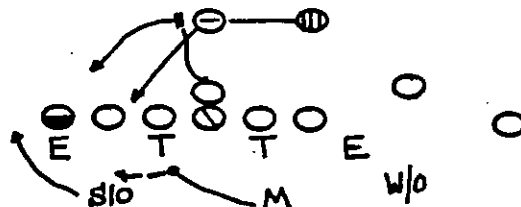
4-4 AWAY



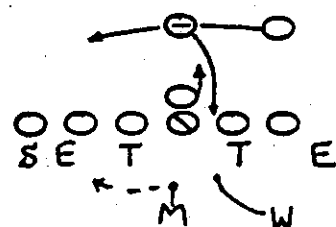
2. FLOW AWAY - CROSS OVER AND GO WITH BALL - WS 2-3 HOLE AND PURSUE.



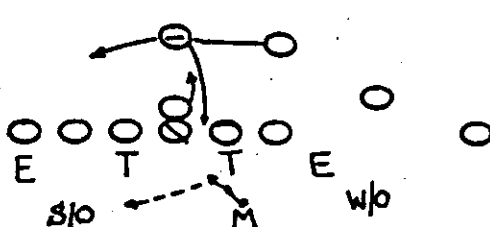
4-4 AWAY



3. SPLIT FLOW - HOLD, LOCATE THE BALL AND PURSUE.



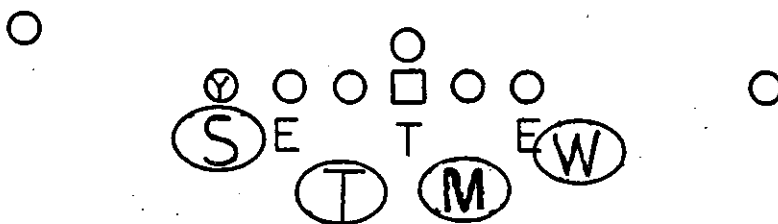
4-4 AWAY



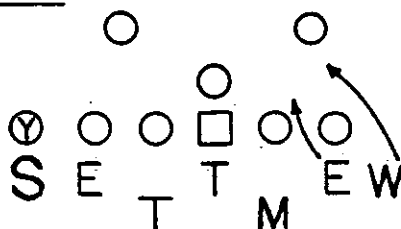
34 PRINCIPLE

THE MAIN PRINCIPLE OF THE 34 DEFENSE IS TO SHOW THE OFFENSE THREE DOWN LINEMEN AND FOUR LINEBACKERS WITH THE THREAT OF ONE OR MORE LINEBACKERS RUSHING FROM ANY ALIGNMENT, OR NOT RUSHING AT ALL. IN CONJUNCTION WITH THIS, WE WILL VARY THE RUSH PATHS OF THE LINE AND LINEBACKERS TO BE MORE EFFECTIVE AGAINST THE RUN AND PASS. AN ADDED ADVANTAGE IS THE FLEXIBILITY OF BEING ABLE TO USE MOST OF OUR BASIC PASS COVERAGES WITH LITTLE ADJUSTMENT ON OUR PART. THIS DEFENSE IS NOT A BLITZ SINCE THERE ARE ONLY FOUR RUSHERS.

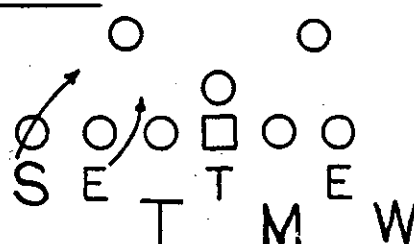
34 DEFENSE



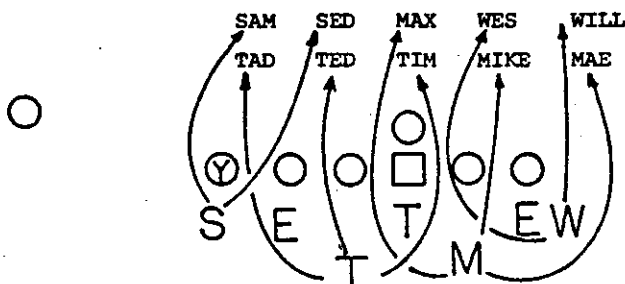
34 WILL




34 SAM




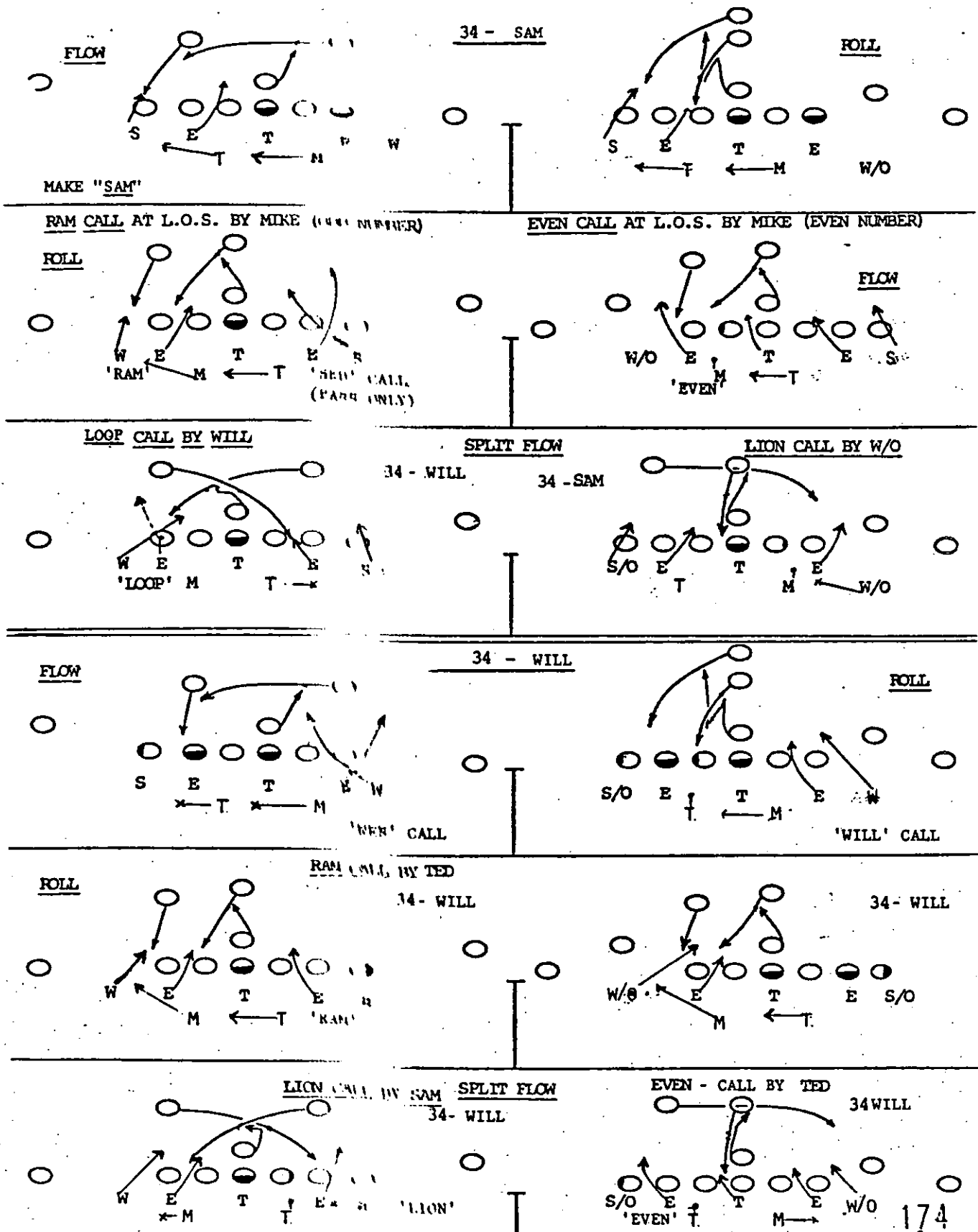
THE DESIGNATED LINEBACKER RUSHER WILL MAKE A CALL ON THE LINE OF SCRIMMAGE, INDICATING THE LANE HE WILL RUSH IN. SHOWN BELOW ARE THE LANES FOR ALL THE LINEBACKERS.

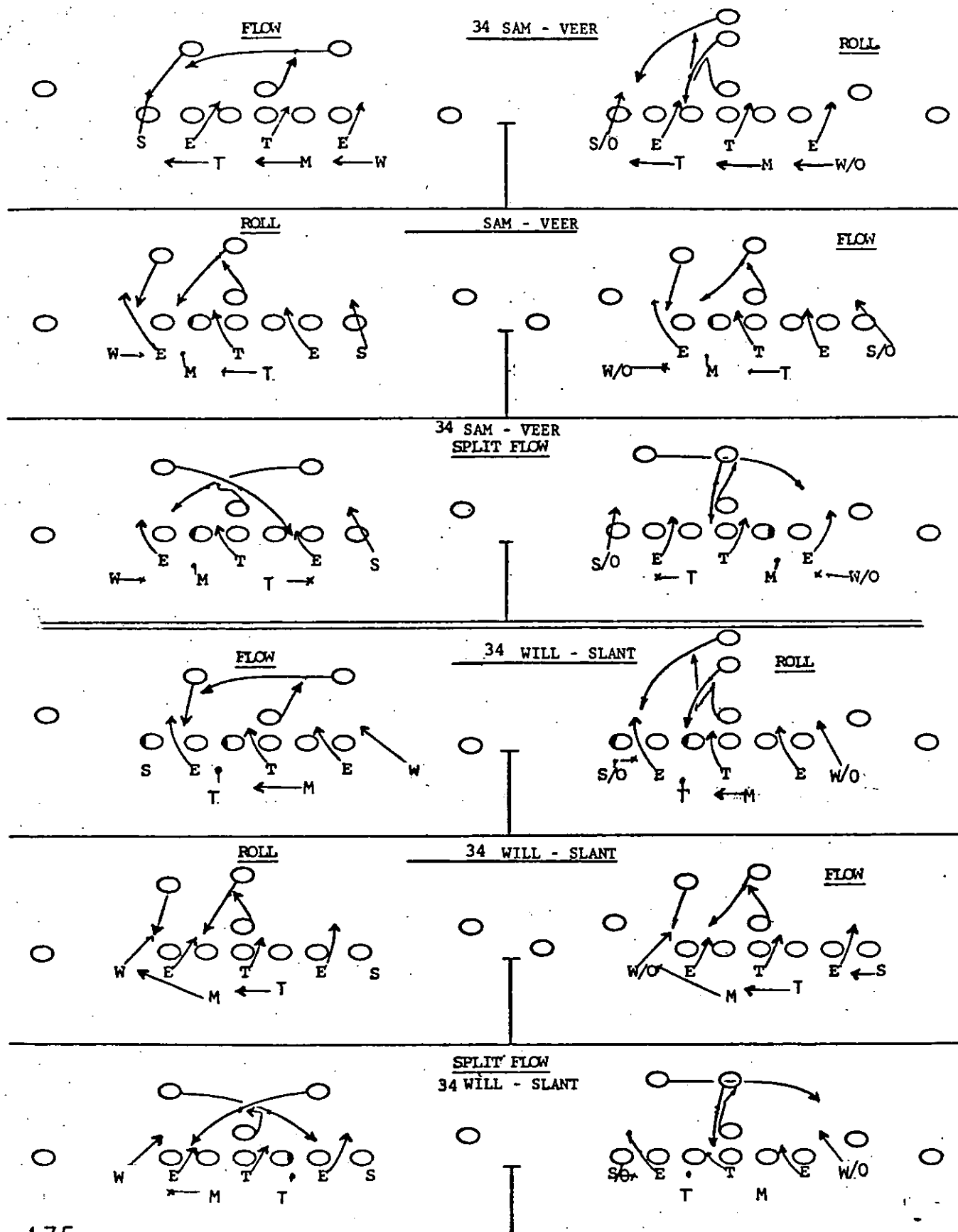


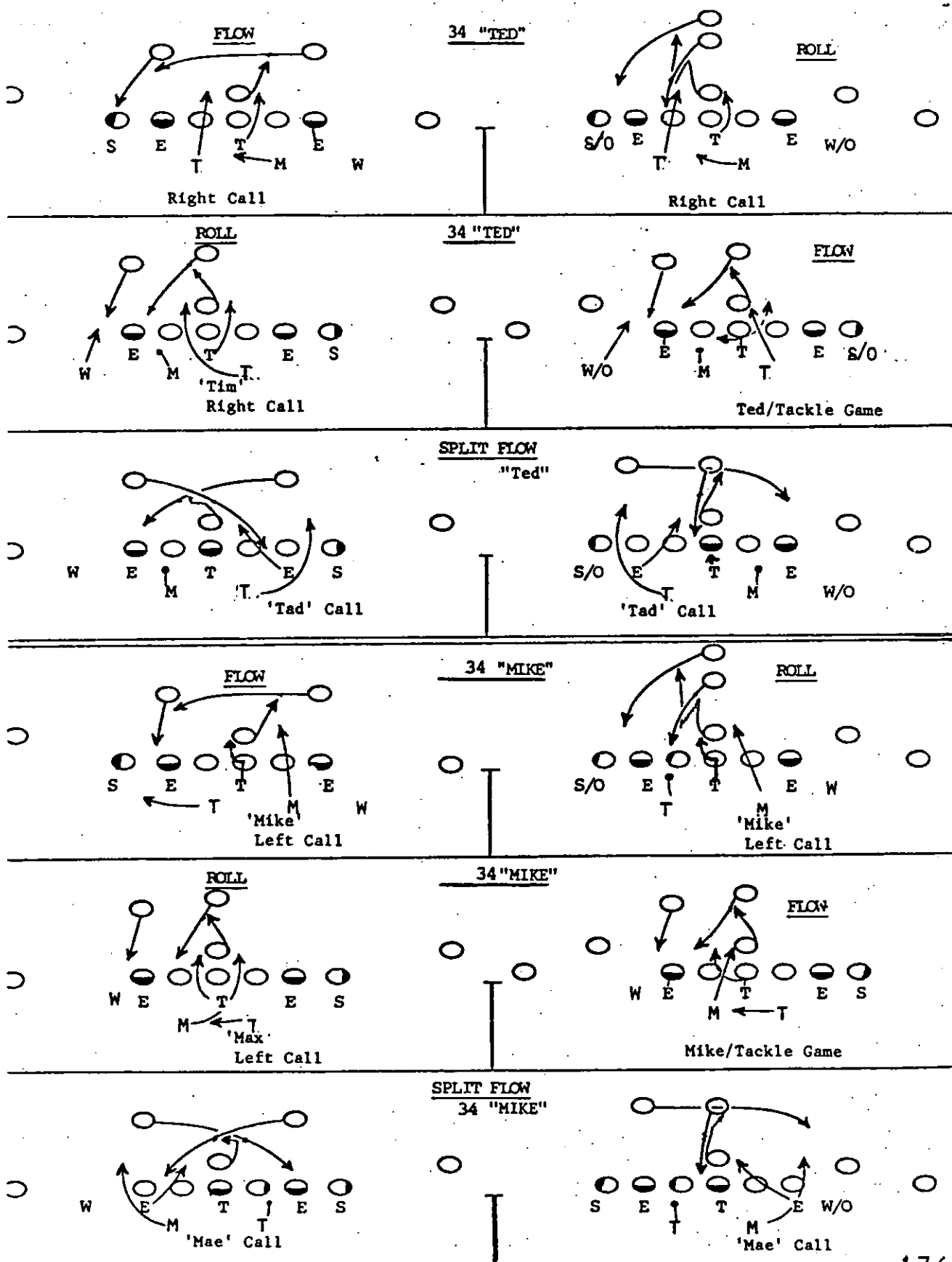
- NOTE:
1. LINEBACKER CALLED INTO RUSH - PLAY DOWN AND DISTANCE. RUN DOWN, PLAY RUN FIRST. PASS DOWN, PASS SHOWS, RUSH PASSER AND CONTAIN.
 2. THE SS STACKED LINEBACKER WILL BE CALLED TED.

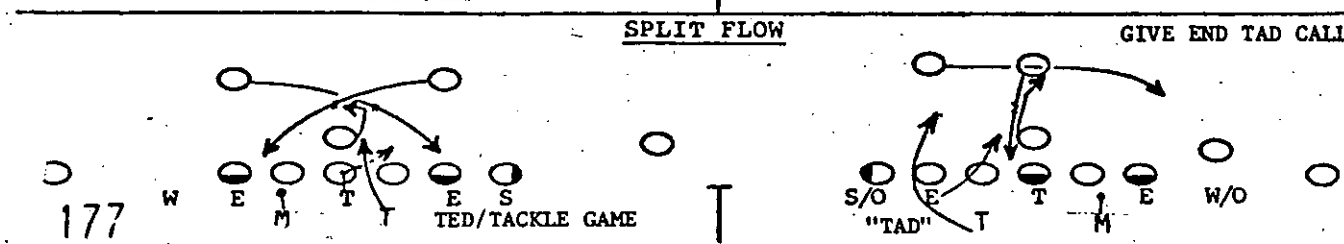
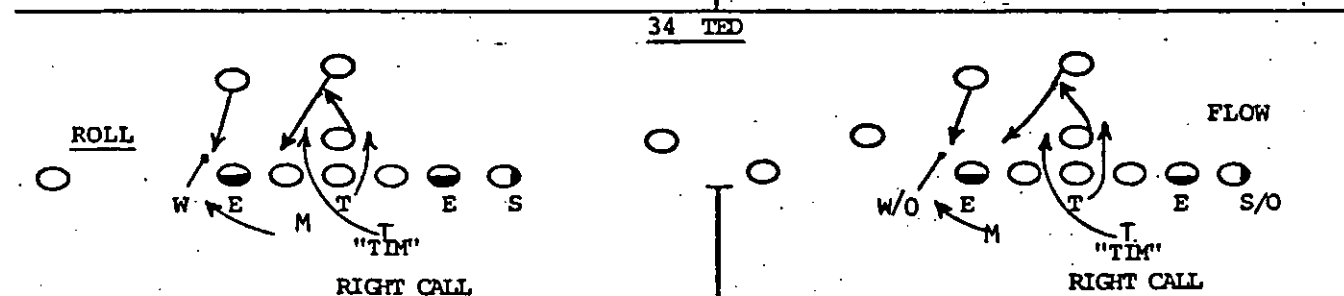
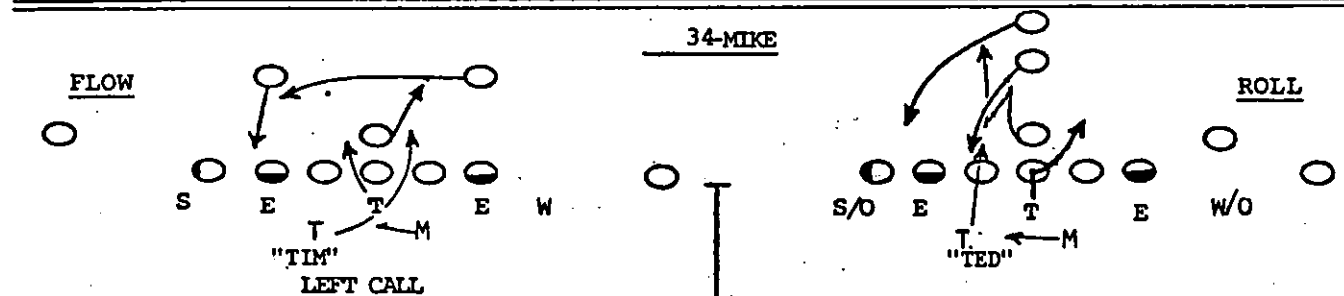
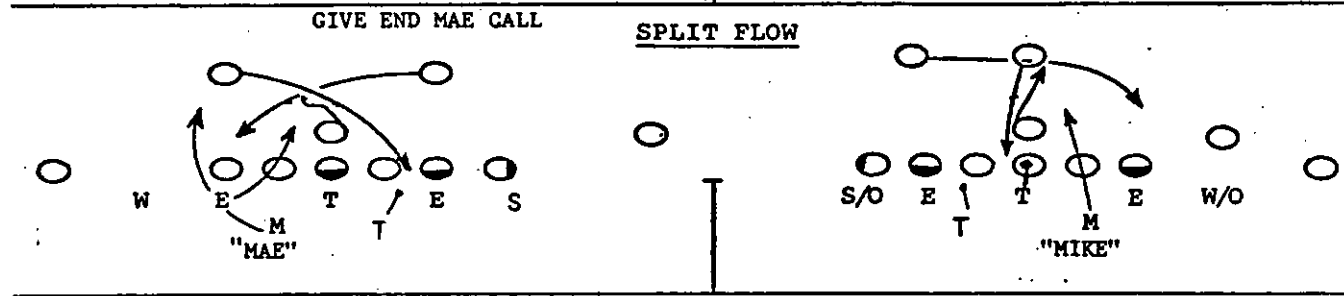
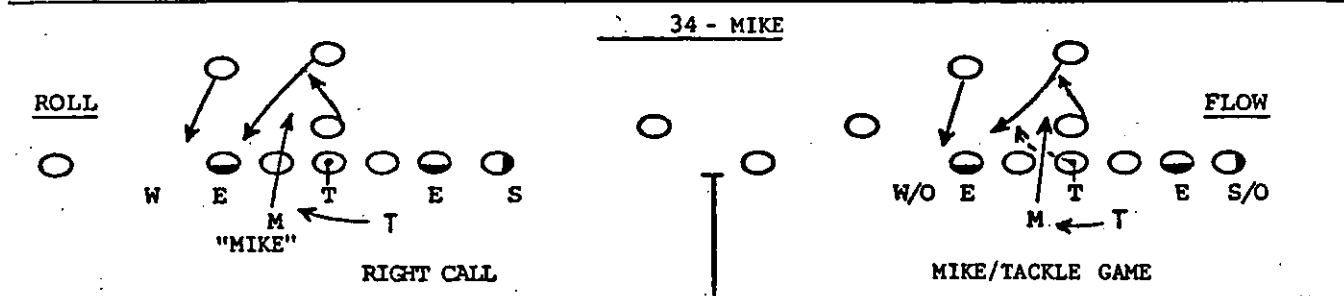
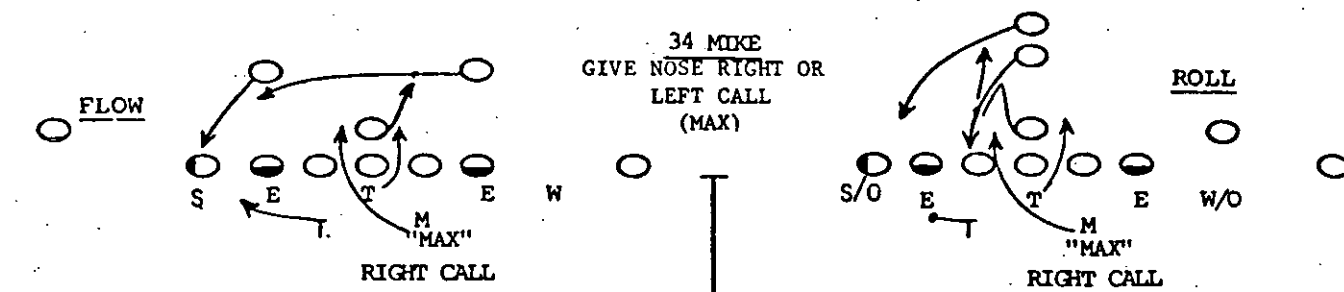
POSITION	ALIGNMENT	KEY	34 - SAM	RESPONSIBILITY
SAM	HEAD ON TE	1. BACKER 2. SAFETY 3. CORNER		MUST CALL TO END - EITHER "SAM", "SED" OR "STRAIGHT". PLAY DOWN AND DISTANCE. RUN-PLAY SUPPORT. PASS-RUSH AND CONTAIN. COACHING POINT: USE "SED" CALL ON PASS.
TED	STACK TO TE			1. BALL TO: SCRAPE OFF DE AND LOCATE BALL. 2. BALL AW: PURSUE 4-5 HOLE AND LOCATE BALL. 3. SPLIT FLOW: HOLD AND LOCATE THE BALL (6-7 AND 4-5 HOLE).
MIKE	OKIE AW FROM	SAME AS OVER DEFENSE		COACHING POINT: RAM OR EVEN CALL O.K.
WILL W/O	BY SUPPORT CALL	1. BACKER 2. SAFETY 3. CORNER		FOLLOW SUPPORT PATTERN - REVERSE & QB KEEP. COACHING POINT: END IS 2-GAP.
S/S END S/S END	HEAD ON TACKLE	1. STRAIGHT-OT 2. SAM-OG 3. SED-CONTAIN		1. STRAIGHT-USE STRAIGHT TECHNIQUE. PASS RUSH INSIDE ONLY. 2. SAM-READ BLOCKING PATTERN - BREAK POCKET. 3. SED-PASS-CONTAIN (LION)
W/S END	SAME AS OVER DEFENSE			COACHING POINT: 1. KNOW DOWN AND DISTANCE. 2. BE ALERT FOR RAM OR EVEN CALL.
NOSE TACKLE	HEAD ON CENTER	CENTER		2-GAP - CONTROL CENTER. YOUR PASS - RUSH LANE IS AWAY FROM - BREAK POCKET. COACHING POINT: BE ALERT FOR RAM OR EVEN CALL.

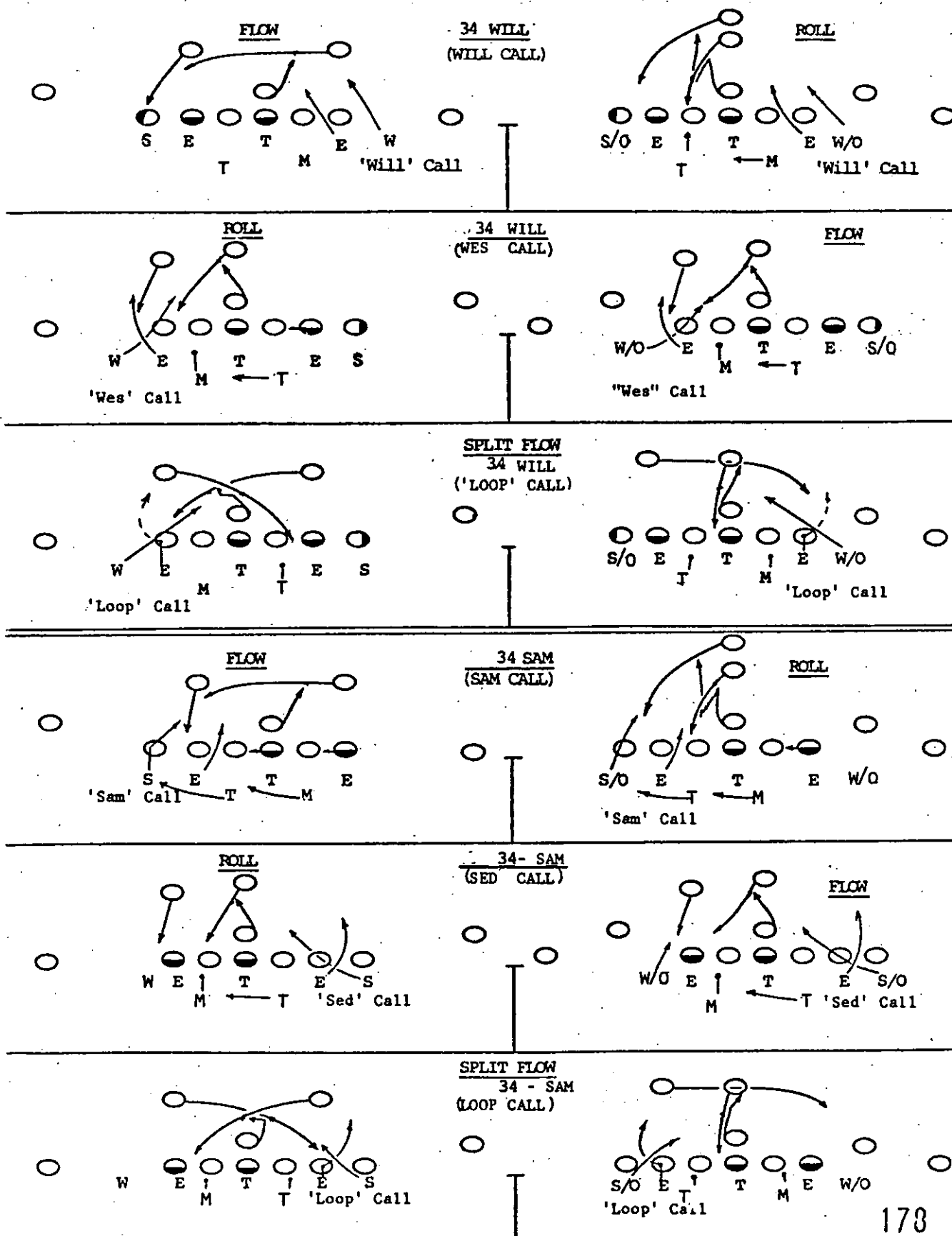
POSITION	ALIGNMENT	KEY	34 - WILL	RESPONSIBILITY
SAM S/O	BY SUPPORT CALL	1. BACKER 2. SAFETY 3. CORNER		FOLLOW SUPPORT PATTERN.
TED	STACK TO TE	G - 		1. BALL TO: SCRAPE OFF DE AND LOCATE BALL. 2. BALL AWAY: PURSUE 4-5 HOLE AND LOCATE BALL. 3. SP FL: HOLD AND LOCATE BALL (4-5 HOLE AND 6-7 HOLE).
MIKE	OKIE AW FROM TE	SAME AS UNDER DEFENSE		COACHING POINT: RAM OR EVEN CALL O.K. BE ALERT FOR RAM CALL.
WILL W/O	1. REG. OR OPP-CRACK BACK ALIGN. 2. NR-HEAD UP	1. T/B-NB 2. NR SUP- PORT PATTERN		MUST CALL TO END-EITHER WILL-WES-LOOP-LION-OR STRAIGHT. 1. CLOSE INSIDE-CONTAIN SWEEP. PASS CONTAIN. 2. FOLLOW SUPPORT PATTERN-PASS CONTAIN. CAN RAM.
W/S END	HEAD ON TACKLE	1. STRAIGHT-OT 2. WILL-OG 3. WES-LOOP- LION		1. STRAIGHT-USE STRAIGHT TECHNIQUE. PASS RUSH INSIDE. 2. WILL-READ BLOCKING PATTERN. BREAK POCKET. 3. WES-LOOP-LION-PASS CONTAIN.
S/S END	SAME AS UNDER DEFENSE			COACHING POINT: 1. KNOW DOWN AND DISTANCE. 2. BE ALERT FOR RAM OR EVEN CALL.
NOSE TACKLE	SAME AS 34 DEFENSE			COACHING POINT: BE ALERT FOR RAM OR EVEN CALL.



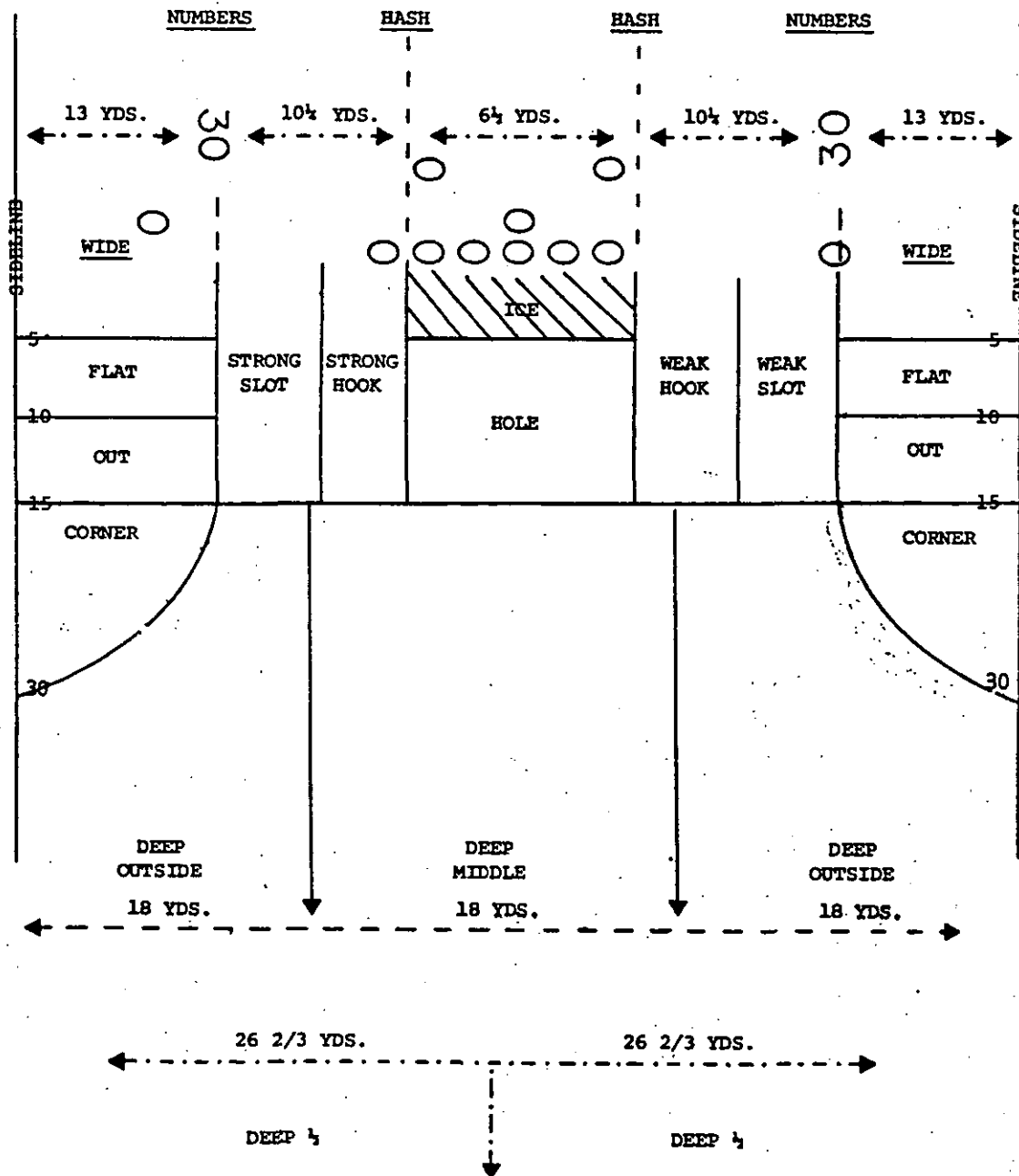








AREAS OF THE FIELD FOR PASS DEFENSE



INTRODUCTION TO MAN-FOR-MAN COVERAGE

BEFORE SNAP:

THINK COVERAGE RESPONSIBILITY. KNOW YOUR BASIC COVERAGE. KNOW THE FORMATION, DOWN AND DISTANCE, FIELD POSITION, GAME SITUATION AND THE RECEIVER YOU ARE COVERING. ANTICIPATE ANY CHANGES THAT COULD OCCUR WITH CHANGE OF FORMATION.

ON SNAP:

TAKE YOUR RUN AND PASS KEYS. IF NO RUN SHOWS, KEY FOR THE THREE STEP DROP AS YOU MOVE INTO YOUR BACKPEDAL. NO THREE STEP DROP, QUICKLY GET BACK ON YOUR RECEIVER AND GAIN TECHNIQUE AND POSITION SEEING THE RECEIVER THROUGH HIS BREAK.

USE YOUR RUN - PASS KEYS ON EVERY PLAY. PASS EQUALS PROPER TECHNIQUE ON YOUR FOOTWORK, VERTICAL DEPTH AND PATTERN RECOGNITION... THEN PLAYING ANY "HELP" YOU MIGHT GET FROM A FELLOW DEFENDER. THIS "HELP" WILL COME ONLY ON CERTAIN SITUATIONS, HEAR THE "HELP" CALL. WHEN OUR M/M DEFENSES CALL FOR JAMS ON WIDE RECEIVERS, WE WANT THESE JAMS FORCED OUTSIDE.

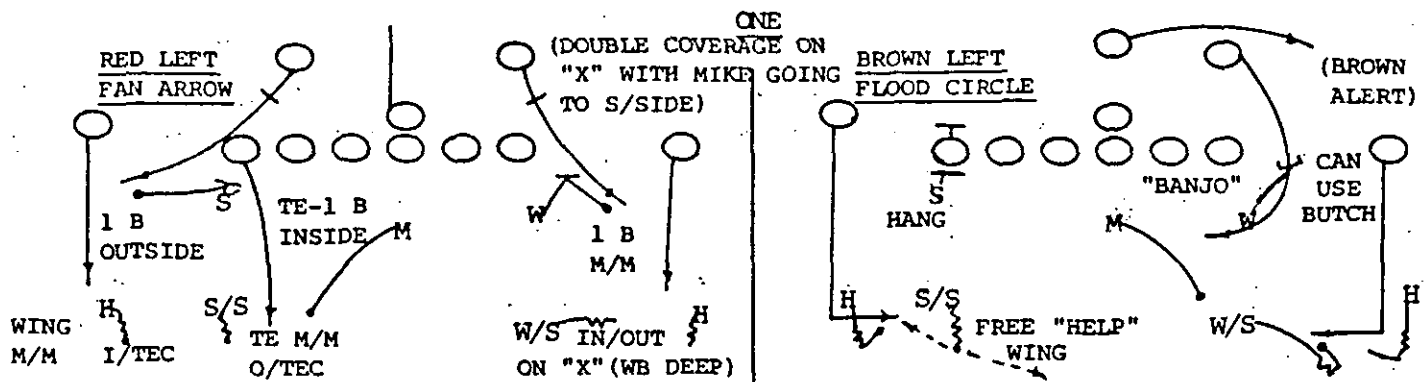
DIAGNOSE:

KNOW FAVORITE PATTERNS AND ANY TIPS ON YOUR RECEIVER... YOU SHOULD THINK OF THIS BEFORE AND AS HE LEAVES THE LINE OF SCRIMMAGE. ANY KEY CHANGES IN COVERAGE SHOULD BE RECOGNIZED AND ACTED UPON IMMEDIATELY WITH THE PROPER CALL GIVEN. ON OUR M/M DEFENSES WHEN THE T.E. SLOW BLOCKS - SAM WILL "HANG" AND TAKE THE T.E. UNLESS HIS COVERAGE TAKES HIM ELSEWHERE.

REACTION:

NEVER PUT YOURSELF INTO A POSITION THAT PREVENTS YOU FROM CARRYING OUT YOUR RESPONSIBILITY ON ANY GIVEN DEFENSE. THE KEY TO GOOD M/M PASS DEFENSE IS TOTAL CONCENTRATION AND PROPER TECHNIQUE THROUGHOUT EVERY PLAY. ONCE THE PASS IS THROWN, WE HAVE TO HAVE ALL DEFENDERS GOING TO THE BALL:

1. INTERCEPT THE BALL.
2. KNOCK THE BALL DOWN.
3. MAKE THE TACKLE.
4. CAUSE A FUMBLE.
5. RECOVER A FUMBLE.
6. BLOCK THE INTENDED RECEIVER AFTER AN INTERCEPTION.



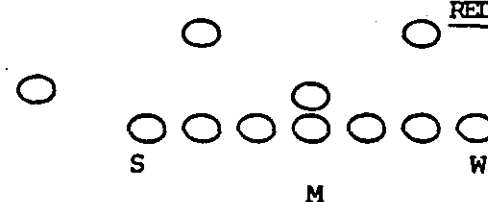
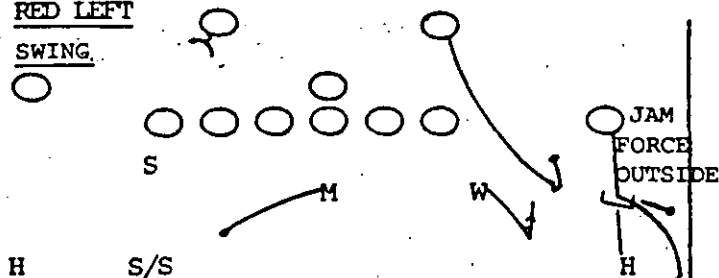
POSITION	ALIGNMENT	KEY	PASS RESPONSIBILITY
SAM WILL/O	OUTSIDE SHOULDER TE FLEX-THREE TO FIVE YARDS, DROP OFF INSIDE.	TE, SB, BACKER SUPPORT (MAY CALL SAFETY VS. BROWN, I AND CLOSE.	JAM TIGHT END AND DELAY HIS RELEASE (TOUGHER JAM VS. BROWN AND I) FIRST FLARE MEDIUM OR WIDE M/M. SB RELEASES INSIDE OF TE-DROP TO SLOT. TE OUTSIDE QUICK OR TE FLEX-WORK TO SLOT. COVER TE "D" M/M. FLOW = BANJO WITH MIKE ON A AND B. FLOOD - WITH T.E. SLOW - HELP ON AGGRESSIVE. HANG AND COVER T.E. M/M. T.E.- RELEASE DROP BACK LOOKING FOR SCREEN AND CHECK DOWNS.
MIKE	BY DEFENSE	SB, TE	SPLIT FLOW OR COUNTER ACTION-DROP TO TE S/SIDE. COVER SB INSIDE M/M. SB BLOCKS-PLAY TE FOR INSIDE MOVES. FLOW = BANJO WITH SAM ON "B" AND "A" BROWN ALERT - BANJO WITH WILL ON "A" AND "B".
WILL SAM/O	"X" WIDE, HIP	WB	COVER FIRST BACK WEAK M/M. NEAR = "CAIN" CALL. IF FIRST BACK BLOCKS, DROP BACK AND LOOK FOR CHECK THRU'S. C.P.: DROP IN PATH, HOLD BY GAME PLAN FLOOD - BANJO WITH MIKE. FLOW - DROP TO WEAK HOOK. ALERT FOR CROSSING FROM STRONG SIDE. NT - PLAY "X" TRAIL.
S/HB	SHADE INSIDE WING 5-7 YARDS DEEP (MOVE ON SNAP)	BACKFIELD AND WING	INSIDE TECHNIQUE ON WING M/M. (OUTSIDE HELP BY SAM ON ZOD CALL). CLOSE WING - USE O/TECHNIQUE.
S/S	SHADE OUTSIDE OF TE 5-7 YARDS DEEP TE FLEX OR OUTSIDE QUICK=I TECHNIQUE	TE BACKER SUPPORT (MAY CALL SAFETY VS BROWN, I AND CLOSE.)	S/S - COVER T.E. M/M. YOU MAY HAVE INSIDE HELP ON TE FROM MIKE. OUTSIDE HELP ON "D" FROM SAM. T.E. SLOW WITH BACK OUT - TAKE T.E. T.E. SLOW WITH NO BACK OUT - "HELP" ON WING. OUTSIDE RELEASE BY T.E. ON FLEX I/TEC. M/M.
W/S	ALIGN ON WEAK OT 9 YARDS.	WB AND "X"	IN AND OUT ON "X" AND WB DEEP, TAKE X SLICE. ON RUN KEY STRONG, PURSUE PARALLEL WITH LINE INSIDE OUT. NEAR = CAIN.
W/HB	SHADE OUTSIDE OF "X" 5-7 YARDS	BACKFIELD/X	IN AND OUT ON "X" AND WB DEEP. "X" TAKES INSIDE ROUTE, TRAIL AND CHECK WB FOR GO. PULL OFF ON CROSSING ROUTES TO DEEP AREA.
	NEAR: 4 YARDS OUTSIDE, AND 4 YARDS DEEP	NEAR AND WB (CORNER SUPPORT)	SAME COVERAGE VS. NEAR = (CALL "CAIN").

ONE RIP

(A CALL USED WITH ONE COVERAGE TO DOUBLE COVER "X" - JAM AND BACK.)

RED LEFT
SWING

RED LEFT NEAR

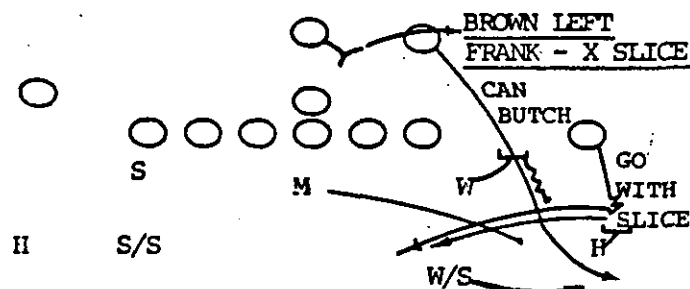
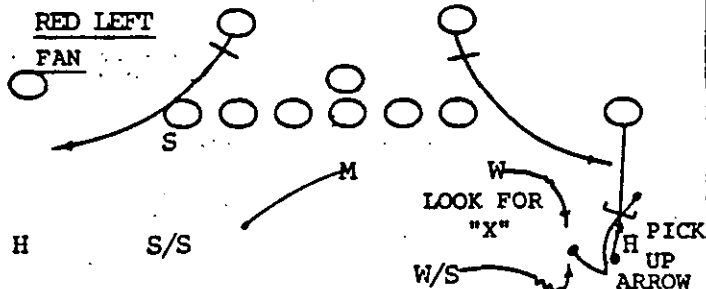


VS. NEAR - NO RIP - PLAY CAIN

S/SIDE IS ONE COVERAGE OR ONE ZOD. "X" M/M DEEP

RED LEFT
FAN

BROWN LEFT
FRANK - X SLICE



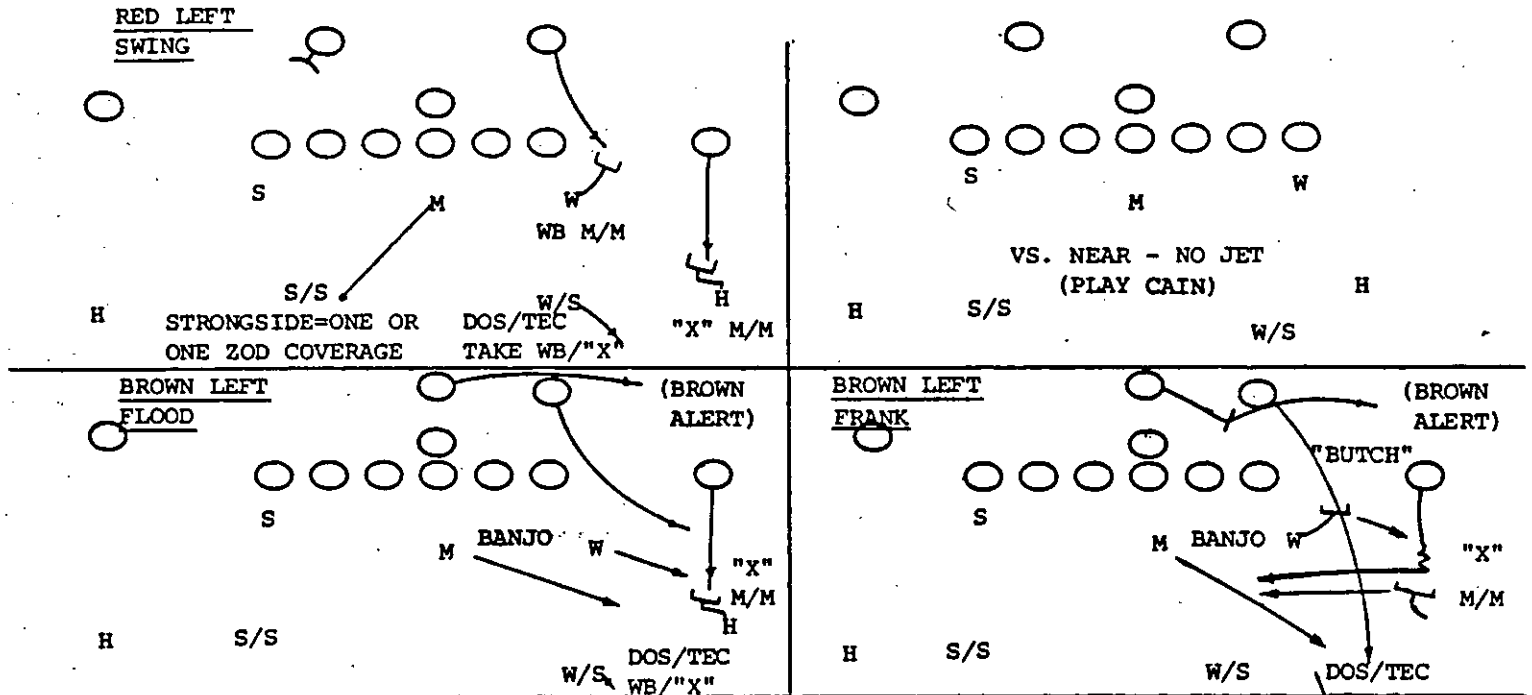
S/SIDE IS ONE COVERAGE OR ONE ZOD "X" M/M DEEP

S/SIDE IS ONE COVERAGE OR ONE ZOD. REPLACE HB

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM	SAME AS	ONE COVERAGE OR ONE ZOD.	
MIKE	SAME AS	ONE COVERAGE OR ONE ZOD	BROWN ALERT = "BANJO" WITH FLAT HELP.
WILL SAM/O	HIP POSITION VS. NEAR - NO RIP (CAIN)	W/BACK	ZONE CIRCLE AREA. JAM WB FROM INSIDE/OUT. GET DEPTH. WB RUNS CIRCLE OR FLY INSIDE ROUTE, COVER HIM M/M. WB RUNS ARROW OR WIDE - LOOK FOR "X" ON INSIDE ROUTE. BROWN ALERT = BANJO WITH FLAT HELP. NEAR = CAIN.
S/HB	SAME AS	ONE COVERAGE	
S/S	SAME AS	ONE COVERAGE	
W/S	ONE COVERAGE LOCATION	W/BACK AND "X"	WORK TO W/SIDE. PICK UP "X" DEEP M/M. SLICE = REPLACE W/H.B. NEAR = CAIN
W/HB	ONE COVERAGE LOCATION	BACKFIELD AND "X" CORNER SUPPORT	DESTROY PATTERN OF "X" BY JAMMING AND FORCING HIM OUTSIDE- ZONE SHORT OUTSIDE AREA, GET DEPTH. HOLD OFF FADE, PLAY FLAT AND OUT. "X" TAKES SHALLOW INSIDE ROUTE, LOOK FOR W/BACK ON ARROW OR ARROW GO. (SECOND RECEIVER ACROSS FACE M/M) W/BACK INSIDE - PLAY OUT OR CURL BY X. COVER "X" SLICE M/M. NEAR = CAIN.
CP: INSIDE +10 = ANY INSIDE RELEASE OF X = PLAY AS SLICE.			

ONE JET

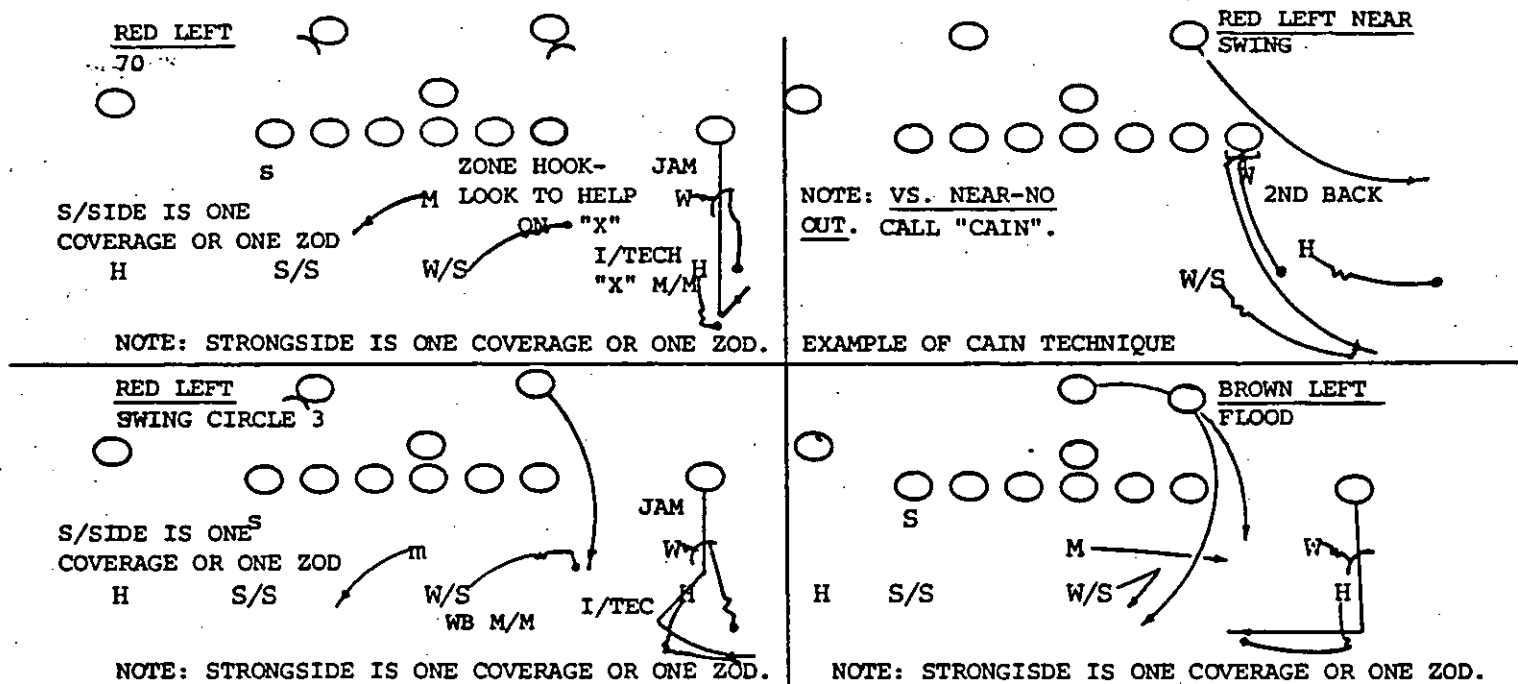
(JET - CALL USED WITH ONE COVERAGE TO USE A DOUBLE SINGLE TECHNIQUE WEAKSIDE TO HELP ON "X" & "A", USE IN A POSSESSION SITUATION).



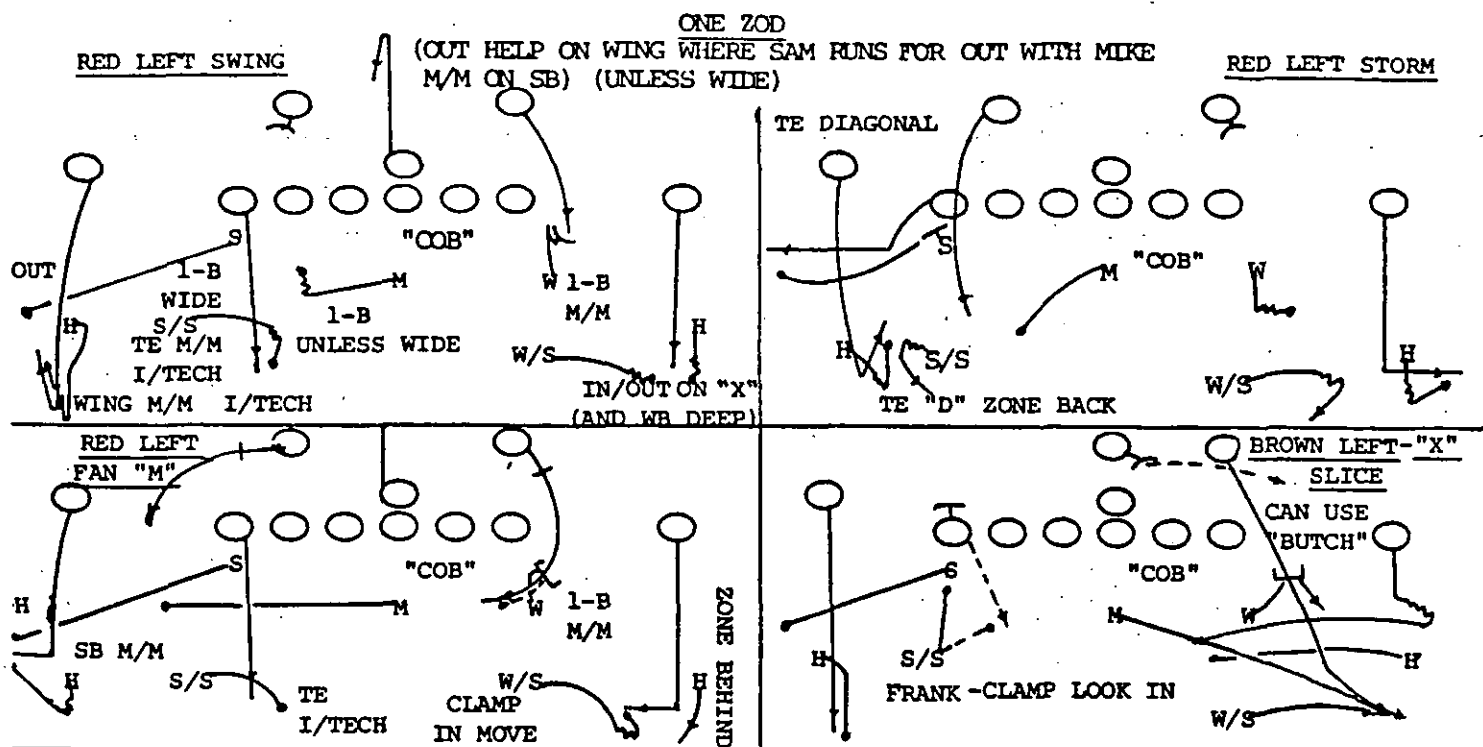
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM	SAME AS	ONE OR ONE ZOD COVERAGE	
MIKE	SAME AS ONE OR ONE ZOD COVERAGE		BROWN ALERT = BANJO
WILL	HIP POSITION W/BACK VS. NEAR (OPPOSITE) - NO JET GIVE CAIN CALL		WB M/M, JAM WB (FROM IN/OUT) AND COVER. WB BLOCKS, HOLD FOR DRAW/SCREEN. ON FLOW, GET DEPTH. LOOK FOR INSIDE BREAKING RECEIVERS. N/T - HELP ON "X" IN. BROWN ALERT = BANJO. CAN "BUTCH" BROWN.
S/HB	SAME AS ONE		
S/S	SAME AS ONE		
W/S	ONE COVERAGE LOCATION	W/BACK AND "X"	DOS TECHNIQUE (ZONE WEAKSIDE 1/2 OF FIELD) - PICK UP DEEP RECEIVER OF W/BACK and "X". NEAR = CAIN
W/HB	ONE COVERAGE LOCATION	BACKFIELD AND "X"	DOS TECHNIQUE ON SNAP. HOLD, JAM, FORCE "X" OUTSIDE AND GO WITH HIM M/M. HANG ON INSIDE HIP (TAILGATE). NEAR = CAIN.
INSIDE +15 - ALERT FOR COVERAGE CHANGE BY FORMATION AND GAME PLAN.			

ONE OUT

A CALL USED WITH ONE COVERAGE TO HELP WEAKSIDE ON "A" AND DISGUISE SPLIT COVERAGE. POSSESSION SITUATION (WILL, ALIGN IN I OR OUT POSITION).



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM	SAME AS ONE OR	ONE ZOD COVERAGE	
MIKE	SAME AS ONE OR	ONE ZOD COVERAGE	EXCEPTION: BROWN - DROP WEAK. COVER SECOND BACK M/M UNLESS WIDE.
WILL	OUT POSITION	WB AND "X"	BACKER SUPPORT - JAM AND WORK BACK THROUGH "X". TAKE AWAY THE I AND OUT. REACT UP TO WIDE FLARE. NEAR = CAIN
S/HB	SAME AS ONE		
S/S	SAME AS ONE		
W/S	SHOW SPLIT COVERAGE	W/BACK (A)	W/BACK M/M. WB BLOCKS - HOLD. WB IN FLAT (WIDE OR ARROW) - LOOK TO HELP ON "X".
W/HB	SHADE INSIDE OF "X"	BACKFIELD AND "X".	INSIDE TECHNIQUE (SAME AS SPLIT) "X" M/M INSIDE AND DEEP.
	NOTE: CAN USE "I" POSITION		



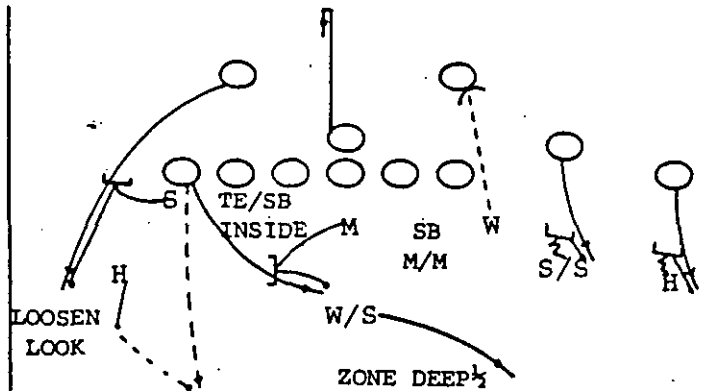
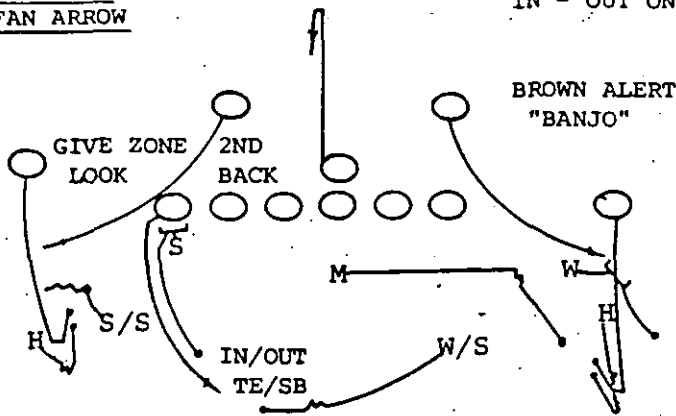
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	BACKER SUPPORT	TE, SB, WING BACKER SUPPORT	DRIVE OUT TO WING. <u>TAKE AWAY "I" - LEVEL OFF</u> <u>OUTSIDE, FOR OUT MOVES TO WING. STRONG BACK RUNS</u> <u>WIDE OR ARROW - COVER HIM M/M. TE DIAGONAL M/M.</u> <u>TE BLOCKS - GO THROUGH WITH YOUR DROP. FLOOD -</u> <u>SAM GO THROUGH WITH YOUR DROP.</u>
MIKE	ACCORDING TO COVERAGE OR FRONT.	SB	<u>STRONG BACK MAN TO MAN UNLESS HE RUNS WIDE OR</u> <u>ARROW. OVER RUN THE TE. STRONGBACK RUNS WIDE OR</u> <u>ARROW ZONE THE SLOT AREA. LOOK FOR OUT MOVES OF</u> <u>TE OR IN MOVES OF WING. STRONGBACK BLOCKS - DROP</u> <u>TO SHORT HOOK ZONE. BROWN = "COB".</u>
WILL SAM/O	SAME AS ONE COVERAGE		<u>CP: BROWN = "COB"</u>
S/HB	SAME AS ONE COVERAGE		(HELP ON OUT BY SAM). "TALK, TALK, TALK".
S/S	ONE COVERAGE LOCATION	TE	<u>COVER TE MAN TO MAN. DRIFT TO INSIDE TECHNIQUE.</u> <u>NO INSIDE HELP FROM LINEBACKERS. TE DIAGONAL -</u> <u>FREE UP AND HELP ON WING. T.E. SLOW - HOLD</u> <u>FOR DELAYS.</u>
W/S	SAME AS ONE COVERAGE		
W/HB	SAME AS ONE COVERAGE		

WING

RED LEFT
FAN ARROW

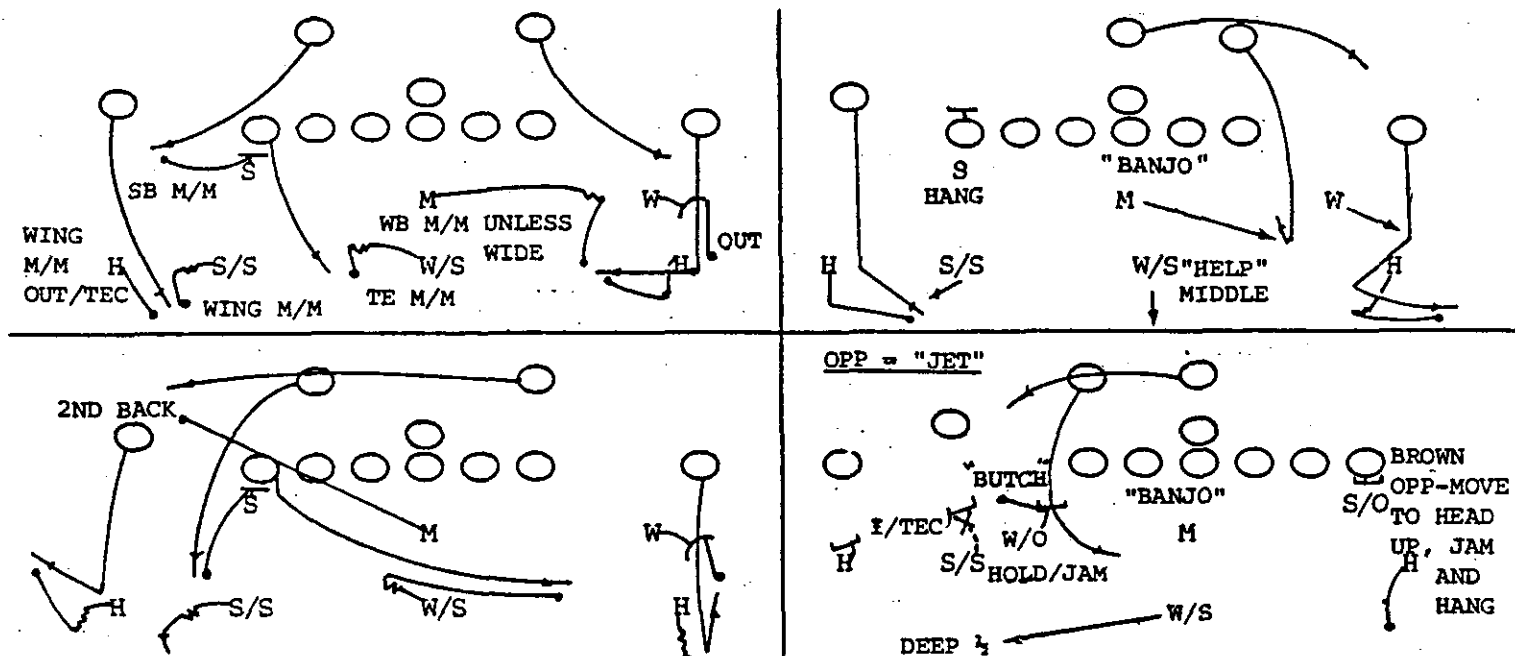
(M/M COVERAGE WITH SAFETIES
IN - OUT ON "Y" AND "B")

OPPOSITE = SPLIT JET
OR GAME PLAN



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	HEAD ON TE	TE/NEAR BACK SAFETY SUPPORT	JAM FIRST INSIDE RECEIVER. ALLOW NO INSIDE RELEASE, PLAY RUN TOUGH WORK BACK AND THROUGH TE TO SS HOOK ZONE. REACT TO DRAW/SCREEN. COVER 2ND BACK OUT SS. WHEN TE FLEXED (5 YDS.) OR OPPOSITE GOES TO SPLIT JET. WITH JET CALL, COVER S.B. M/M. INSIDE. +10 YARD LINE = SAM BLITZ
MIKE	BY DEFENSE	WB	WB M/M ON CLOSE OR MEDIUM ROUTES - I/TEC. WB BLOCKS, HOLD = ZONE BACK. NEAR-COVER N OR WB INSIDE. FLOW - DROP STRAIGHT BACK FOR FIRST RECEIVER INSIDE. JAM (N OR TE ON OPP) INSIDE BREAKING RECEIVER. 2B STRONG INSIDE THE +10. NOTE: TE FLEX (5 YDS). OR OPPOSITE GOES TO SPLIT JET (2ND STRONG NOW ON FLOW.
WILL SAM/O	HIP, WALK, I NEAR-CORNER SUPPORT	WB AND "X"	BANJO WITH MIKE ON A & B. NO FLOOD THREAT - USE WALK OR I ALIGNMENT. TAKE AWAY THE I, 61 AND OUT. JAM "X" TO PREVENT ZIG OUT. REACT TO WIDE OR FLAT MOVES OF W.B. TAKE HIM THROUGH THE FLAT. CP: CAN TAKE "X" CORNER BY GAME PLAN - "GIVE GONE CALL TO MIKE & CORNER".
S/HB	BUMP AND RUN NO BUMP AND RUN I/TECHNIQUE, 5-7 YARDS DEEP	WING BACKFIELD AND WING	BUMP AND RUN, WING M/M WING M/M I/TECH. NO HELP. TE FLEXED OR OPPOSITE GOES TO SPLIT JET. WALL WING OUT M/M DEEP HELP. (DOS/TEC)
S/S	5-7 YARDS DEEP 2 YARDS OUTSIDE TE	TE/SB SAFETY SUPPORT	IN/OUT COVERAGE ON TE, SB WITH W/S. DON'T CHARGE TE OR SB FLAT. HOLD OFF WING. TE FLEXED (5 YDS) OR OPPOSITE GOES TO SPLIT JET. WITH JET CALL - HOLD. JAM SLOT (WALL OUT) AND COVER M/M. (5 YARD JAM RULE). (DOS/TEC)
W/S	HEAD ON WT (DISGUISE AS ONE)	TE/SB	IN/OUT ON TE, SB WITH S/S. FLOOD - T.E. SLOW, "HELP" DEEP MIDDLE.
OPPOSITE	HEAD ON QB 9 YARDS DEEP	SLOT, SB	TE FLEXED (5 YARDS) OR OPPOSITE. GOES TO SPLIT. JET ZONE DEEP 1/2
W/HB	BUMP AND RUN NO BUMP AND RUN 5-7 YARDS DEEP	KEY "X" BACKFIELD "X"	BUMP AND RUN, "X" M/M. - (LET WILL KNOW BUMP & RUN) I/TEC ON X. COVER "X" DEEP. WILL HAS OUT. COVER X CROSS M/M. WB CIR OV = NO SHORT IN HELP ON X (REACT TO CURL) WB WIDE OR ARROW = SHORT IN HELP ON X FROM MIKE. NEAR = LOOSE & LOOK (ZONE). COVER X OR WB DEEP.
NOTES:	OPPOSITE = SPLIT JET OR GAME PLAN INSIDE +10 = AUTOMATIC SAM BLITZ ALERT FOR GONE CALL INSIDE +15		

SPLIT (S)
(SS/WS DOUBLE ON WING DETERMINE BY TE RELEASE)

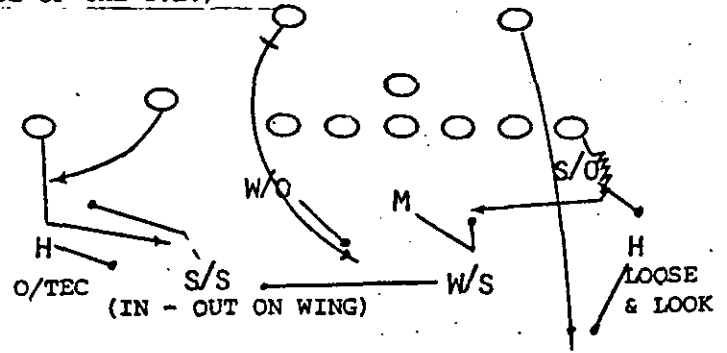
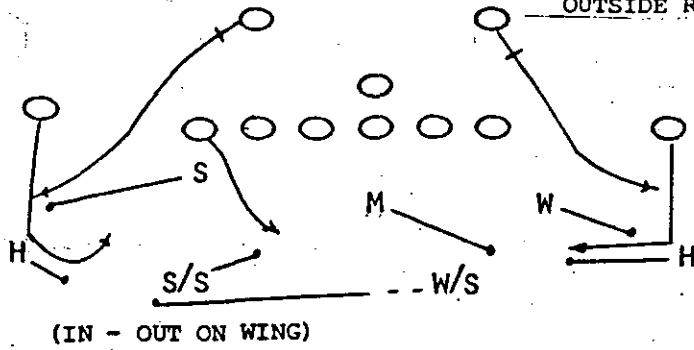


POSITION	ALIGNMENT	KEY	RESPONSIBILITY
W WILL/O	HEAD ON TE	BACKER *SUPPORT T.E., NEAR BACK CAN USE SAFETY	SB M/M. I/TEC SB BLOCKS - HOLD. REACT TO DRAW AND SCREEN. HOLD ON T.E. SLOW BLOCK IF YOUR COVERAGE DOES NOT COME.
MIKE	BY DEFENSE	WB	BANJO A & B. WB M/M ON CLOSE OR M ROUTE. I, TEC. WB BLOCKS - DROP BACK LOOKING FOR CK. DOWN AND CROSSING PATTERNS. NEAR: COVER N OR WB INSIDE. FLOW - SECOND BACK STRONG M/M. CP: CAN USE BUTCH. ALERT FOR "GONE" CALL - TAKE WB M/M.
WILL SAM/O	BY FORMATION 1. I 2. WALK 3. HIP	WB, X NEAR: CORNER SUPPORT.	SAME AS WING. "GONE" = X CORNER.
S/HB	SHADE OUTSIDE OF WING 5-7 YARDS DEEP	WING, T.E., S.B.	WING M/M - OUTSIDE TEC. TRAIL WING ON INSIDE ROUTES (LATE HELP DEEP ON T.E. OUTSIDE). JET CALL - WING INSIDE TECHNIQUE. CAN USE BUMP AND RUN. DEEP HELP ON JET DOS/TEC.
S/S	2 YARDS OUTSIDE TE. BE AS DEEP AS ASSIGNMENT ALLOWS YOU	BACKER SUPPORT T.E. CAN USE SAFETY SUPPORT	SEE RELEASE OF T.E. OUTSIDE = T.E. M/M (I/TEC) DO NOT CLAMP FLAT ROUTE. INSIDE - PICK UP WING ON INSIDE ROUTE. GIVE "HELP" CALL. FLEX = JET (DOS/TEC).
W/S	OVER BALL. 5-7 YARDS DEEP (DISGUISE)	T.E., S.B.	SEE RELEASE OF T.E. INSIDE = T.E. M/M. OUTSIDE = PICK UP INSIDE ROUTE OF WING, GIVE HELP CALL. (RECEPTION AREA ON SLICE.) REACT TO SB DEEP. HAVE VISION. FLEX OR OPPOSITE = JET. HELP DEEP TO STRONG SIDE 1/2. DOS/TEC.
W/HB	SHADE INSIDE OF "X" 5-7 YARDS DEEP.	"X" WB NEAR: CORNER SUPPORT	I/TEC ON "X" COVER "X" DEEP, WILL HAS OUT. COVER "X" M/M. MIKE WILL HELP YOU ON X IF THE WB DOESN'T RUN INSIDE ROUTE. NEAR = LOOSE AND LOCK - COVER X OR WB DEEP.

SPLIT FLEX

PLAY VS OPPOSITE

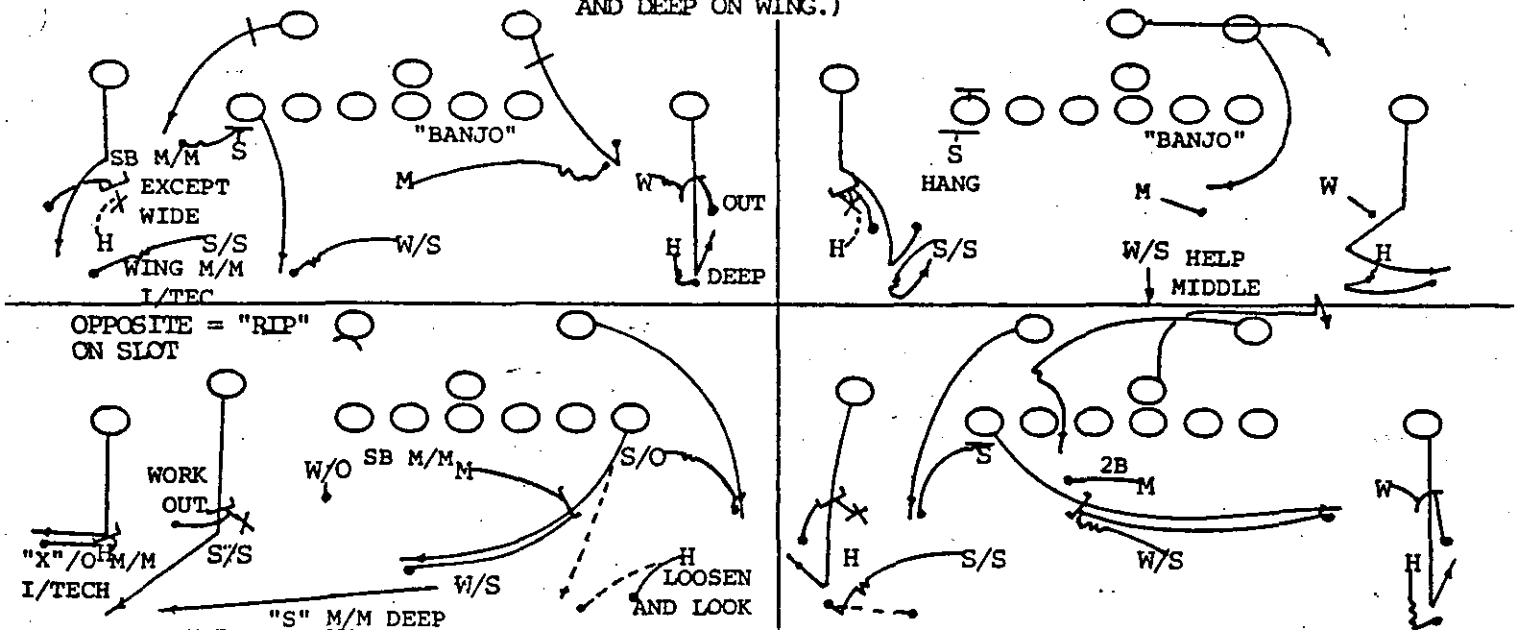
(SPLIT COVERAGE USED WITH A PREDETERMINED
OUTSIDE RELEASE OF THE T.E.)



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	OUTSIDE SHOULDER T.E. FLEX - 3-5 YARDS, DROP BACK TO HIP.	T.E., S.B. BACKER SUPPORT - CAN USE SAFETY AS CHANGE.	SAME AS SPLIT COVERAGE.
MIKE	BY DEFENSE	W.B.	SAME AS SPLIT COVERAGE.
WILL SAM/O	BY FORMATION 1. I 2. WALK 3. HIP	W.B., "X" NEAR: CORNER SUPPORT	SAME AS SPLIT COVERAGE.
S/HB	SHADE OUTSIDE OF WING 5-7 YARDS DEEP. (BUMP & RUN)	WING, T.E., S.B.	SAME AS SPLIT COVERAGE WITH HELP COMING FROM W/S.
S/S	ONE COVERAGE LOCATION (BUMP & RUN)	T.E. S.B. BACKER SUPPORT CAN USE SAFETY AS CHANGE	COVER T.E. M/M. DRIFT TO INSIDE TECHNIQUE. NO HELP FROM MIKE.
W/S	OVER BALL 5-7 YARDS DEEP (DISGUISE)	T.E., S.B., WING	COVER INSIDE ROUTE OF WING. (RECEPTION AREA ON SLICE.)
W/HB	SHADE INSIDE OF "X" 5-7 YARDS DEEP	"X", W.B. "X" NEAR: CORNER SUPPORT	SAME AS SPLIT COVERAGE.

SPLIT RIP

(SS AND SHB ROTATE TO DOUBLE SHORT AND DEEP ON WING.)



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	HEAD ON TE	CORNER SUPPORT TE, SB	SB M/M ON CLOSE AND MEDIUM ROUTES. SB ON ARROW OR WIDE ROUTE - DROP BACK AND ZONE SLOT. SB PASS BLOCKS - JAM TE AND WORK BACK. REACT TO DELAY OR SCREEN. FLOOD - HANG WITH "Y" SLOW.
MIKE	SAME AS SPLIT COVERAGE		EXCEPTION: FLOW - SECOND BACK STRONG UNLESS WIDE.
WILL SAM/O	SAME AS SPLIT COVERAGE		
S/HB	SPLIT COVERAGE (BUMP & RUN)	TE, SB, WING CORNER SUPPORT	JAM AND FORCE OUTSIDE. HOLD OFF FADE. COVER WING SLICE M/M. INSIDE RELEASE BY WING INSIDE +10 = SLICE. ZONE FLAT AND OUT AREA. (GO M/M). OPPOSITE = WING M/M I/TEC.
S/S	SPLIT COVERAGE (BUMP & RUN)	WING, TE, AND SB	START ROTATION TO DEEP OUTSIDE, PICK UP WING M/M, I TECHNIQUE (CLOSE WING-O/TECHNIQUE) SAFETY RIP (SAFETY SUPPORT) - TAKE AWAY OUT BY WING. ZONE FLAT AND OUT AREA (GO M/M). OPPOSITE - PLAY RIP ON SLOT.
W/S	SPLIT COVERAGE	SEE TE RELEASE	COVER TE M/M. TE FLAT, ZONE BACK, PROTECT SAM. TE BLOCKS, HELP MIDDLE. OPPOSITE = PLAY RIP ON SLOT.
W/HB	SAME AS SPLIT COVERAGE		
NOTE:	OPPOSITE = PLAY INSIDE +10 YARD RELEASE OF WING	RIP ON SLOT RECEIVE LINE - ANY INSIDE = PLAY AS SLICE.	SAFETY RIP: S/S TAKES SHORT OUTSIDE ZONE. EXCHANGE OF ASSIGNMENTS BETWEEN SHB & S/S. USE VS SHORT MOTION AND CLOSE WING.

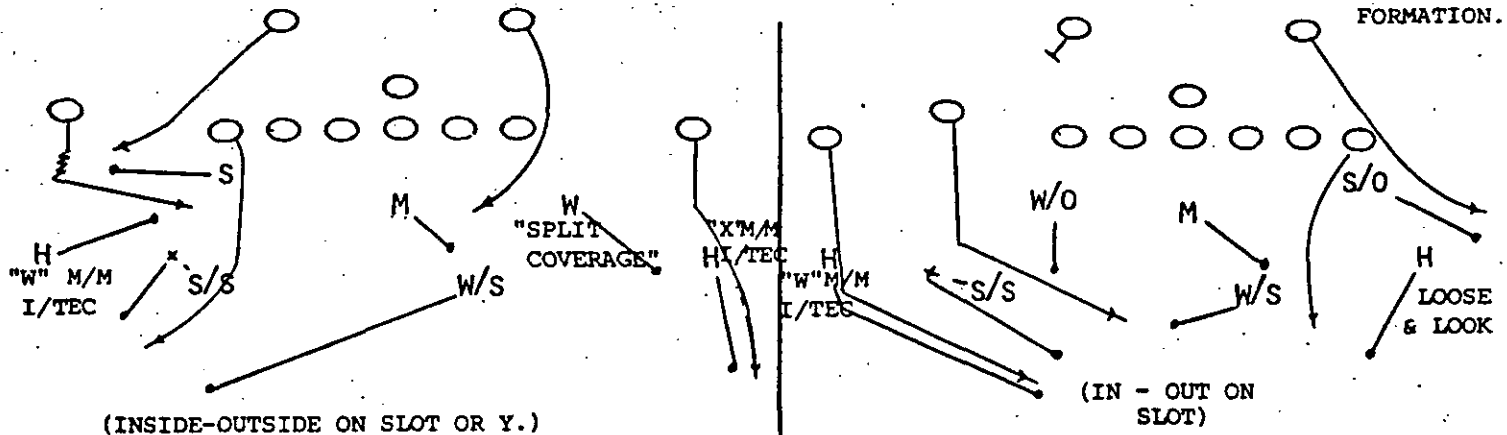
The diagrams illustrate split coverage for a 10-man defense. The left diagram shows a 10-man defense with a split between the wide side and the middle. The right diagram shows a 10-man defense with a split between the wide side and the middle, with a note "W/SIDE IS SPLIT COVERAGE".

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SPLIT SLOT

(A PREDETERMINED DOUBLE COVERAGE ON THE SLOT RECEIVER VS. OPPOSITE AND SLOT FORMATIONS.)

NOTE: CAN BE USED VS REGULAR FORMATION.

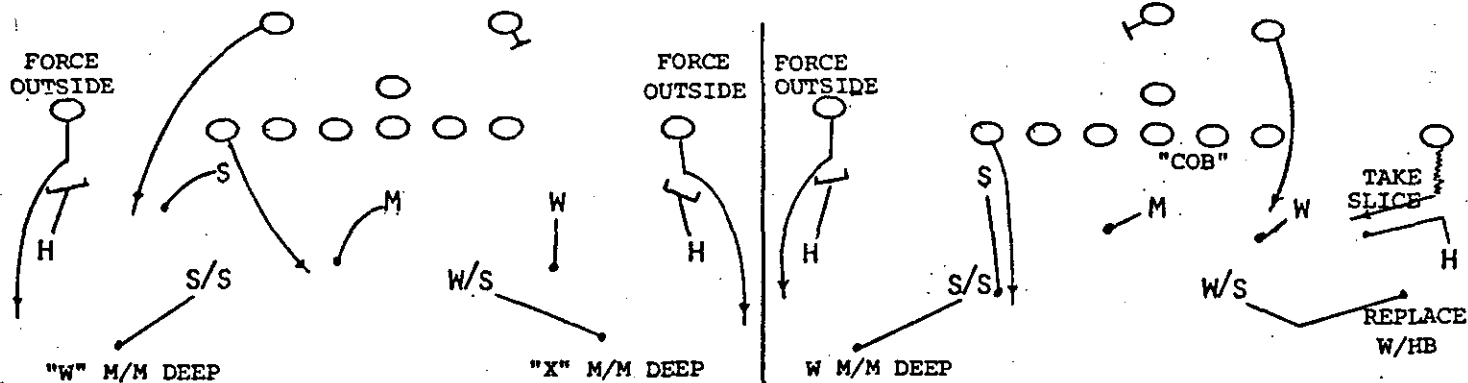


POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	VARY POSITION	NEAR BACK BACKER SUPPORT CAN USE SAFETY SUPPORT (REG. FORM.)	S.B. M/M S.B. BLOCKS - DROP BACK AND REACT TO SCREEN AND DRAW.
MIKE	BIG DEFENSE	SAME	AS SPLIT COVERAGE.
WILL SAM/O	<u>VARY POSITION</u>	SAME	AS SPLIT COVERAGE.
S/HB	BUMP & RUN	WING	BUMP & RUN WING M/M. D.O.S. TEC.
	INSIDE TECHNIQUE 5-7 YARDS DEEP	WING,	I/TECHNIQUE ON WING. TAKE WING SLICE M/M.
S/S	VARY POSITION (BUMP & RUN)	BACKER SUPPORT SLOT, T.E. S.B. CAN USE SAFETY SUPPORT VS. REG. FORM.	IN/OUT WITH W/S ON SLOT OR T.E. D.O.S. TEC. - PLAY AS FRONT AND BACK
W/S	OVER BALL 5-7 YARDS DEEP (DISGUISE)	SLOT, T.E. S.B.	IN/OUT WITH S/S ON SLOT OR T.E. WHEN S/S USES D.O.S. TECH. - PLAY AS FRONT AND BACK.
W/HB	SHADE INSIDE OF "X" 5-7 YARDS DEEP	SAME	AS SPLIT COVERAGE.

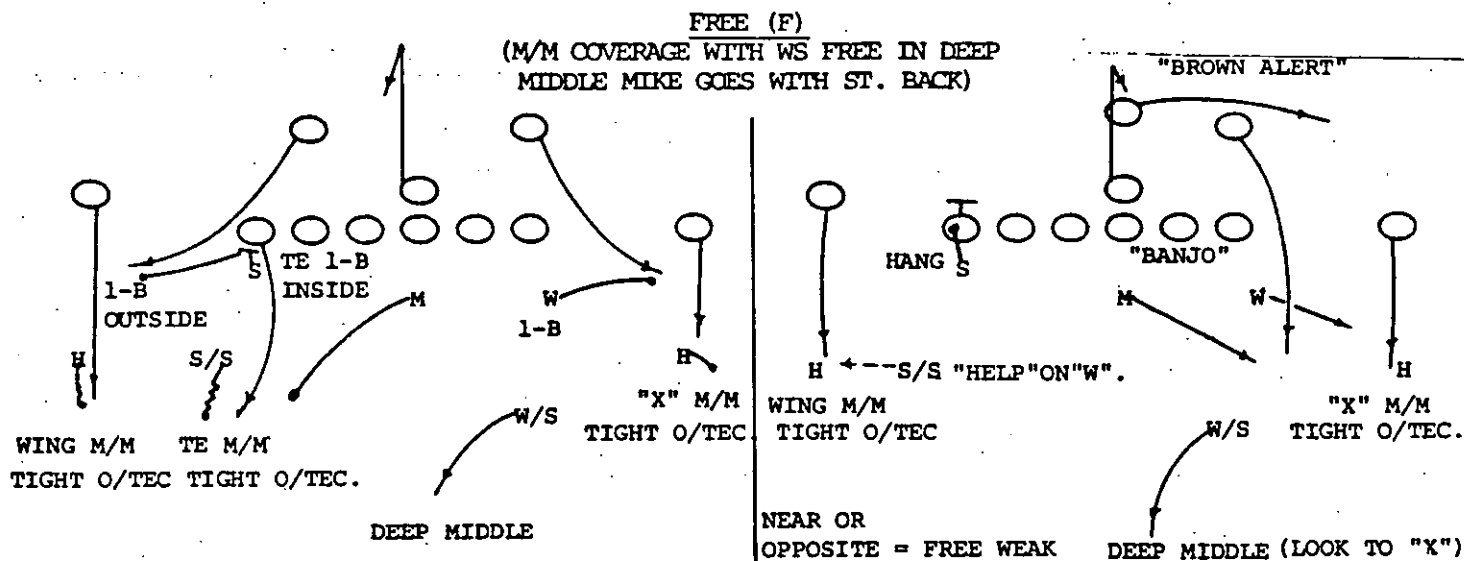
ARIZONA

(A COMBINATION OF SPLIT RIP AND ONE RIP WITH THE LB'S TAKING THE REMAINING 3 RECEIVERS.)

OPPOSITE = SPLIT JET

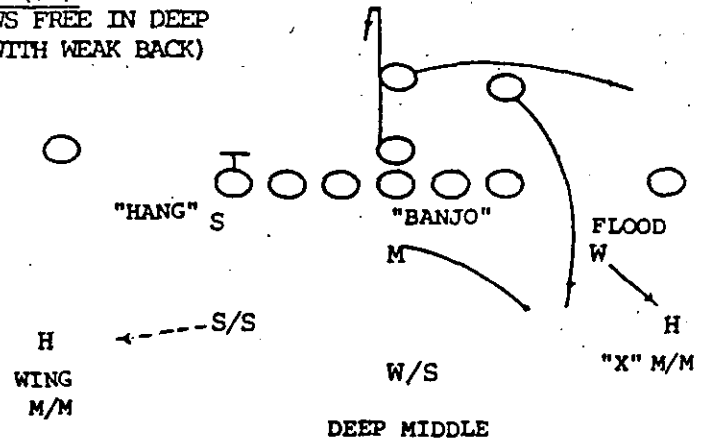
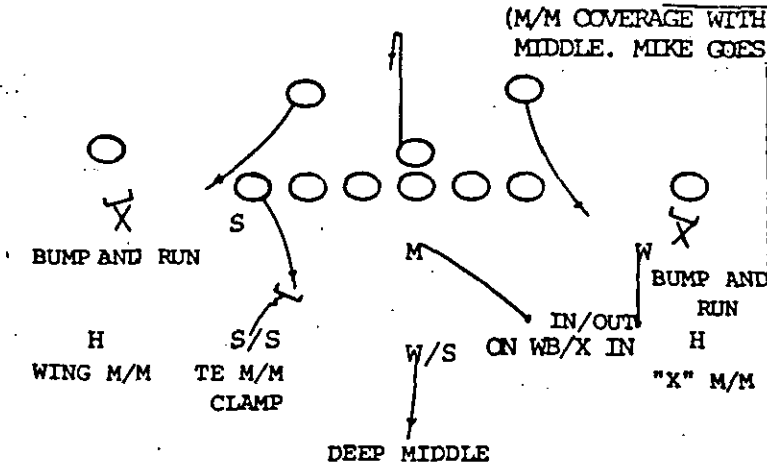
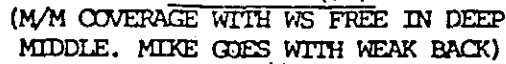


POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/C	OUTSIDE SHOULDER	CORNER SUPPORT T.E./S.B.	S.B. PRESENT, IN AND OUT (BANJO) WITH MIKE ON S.B. AND T.E. NO BACK PRESENT, T.E. M/M. T.E. BLOCKS - HANG. CORNER HAS T.E. OR BACK IN FLAT.
MIKE	BY DEFENSE	S.B., T.E.	S.B. PRESENT, IN AND OUT (BANJO) WITH SAM ON S.B. AND T.E. NO STR. BACK PRESENT = "COB". CORNER HAS T.E. OR BACK IN FLAT. MAKE "COB" CALL WITH WILL ON BROWN & I
WILL SAM/O	HIP	CORNER SUPPORT WB	W.B M/M. W.B. BLOCKS - CLAMP FOR DRAW/SCREEN. BROWN & I = "COB". CAN USE "BUTCH". CORNER HAS BACK IN THE FLAT.
S/HB	SPLIT COVERAGE	T.E., S.B., WING CORNER SUPPORT	SAME AS SPLIT RIP.
S/S	SPLIT COVERAGE	WING, T.E., AND S.B.	SAME AS SPLIT RIP.
W/S	ONE COVERAGE LOCATION	"X"	SAME AS ONE RIP.
W/HB	ONE COVERAGE LOCATION	CORNER SUPPORT BACKFIELD AND "X"	SAME AS ONE RIP.



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	OUTSIDE SHOULDER	TE, SB, BACKER SUPPORT	SAME AS ONE COVERAGE. COUNTER ACTION - PICK UP STRONG FLARE MAN TO MAN. NEAR AND OPPOSITE = FREE WEAK.
MIKE	BY DEFENSE	SB, TE	SAME AS ONE COVERAGE. NEAR AND OPPOSITE = FREE WEAK.
WILL SAM/O	HIP POSITION	WB NEAR: CORNER SUPPORT	WB M/M. WB BLOCKS, HOLD. FLOW = GET DEPTH, LOCATE INSIDE BREAKING RECEIVER (TE CROSS) C.P.: COUNTER ACTION - PICK UP WEAK FLARE M/M. NEAR AND OPPOSITE = FREE WEAK
S/HB	BUMP AND RUN	WING	WING M/M. I/TEC.
	NO BUMP AND RUN 5-7 YARDS DEEP	BACKFIELD AND WING	WING M/M, TIGHT O/TEC. DEEP MIDDLE HELP.
S/S	ONE YARD OUT- SIDE OF TE, 5-7 YDS. DEEP.	BACKER SUPPORT TE, SB	TE M/M WITH HELP IN DEEP MIDDLE. PHYSICALLY TAKE AWAY OUTSIDE ROUTES OF TE. TE SLO WITH FLOOD ACTION = SAME AS ONE COVERAGE.
W/S	CHEAT TO A POS- ITION 8-9 YDS. DEEP. GIVE ONE OR SPLIT LOOK.	BACKFIELD AND QUARTERBACK'S EYES	READ THE QUARTERBACK AND PLAY THE BALL. PLAY FROM DEEP TO SHORT. TAKE AWAY THE DEEP PASS. YOU ARE THE DEEP CENTER FIELDER. GIVE HELP WHERE NEEDED. GO WITH Q.B.'S LOOK BUT SEE HIM CHANGE SIDES. RANGE SHOULD BE FROM NUMBERS TO NUMBERS ON DEEP THROWS. FLOOD OR "Y" SLOW = LOOK TO "X".
W/HB	BUMP AND RUN	"X"	BUMP AND RUN, "X" M/M. I/TEC.
	NO BUMP AND RUN: ON "X" 5-7 YDS. DEEP	BACKFIELD AND "X". NEAR: CORNER SUPPORT	TIGHT O/TEC ON "X" M/M. DEEP MIDDLE HELP. NEAR OR OPPOSITE = FREE WEAK.

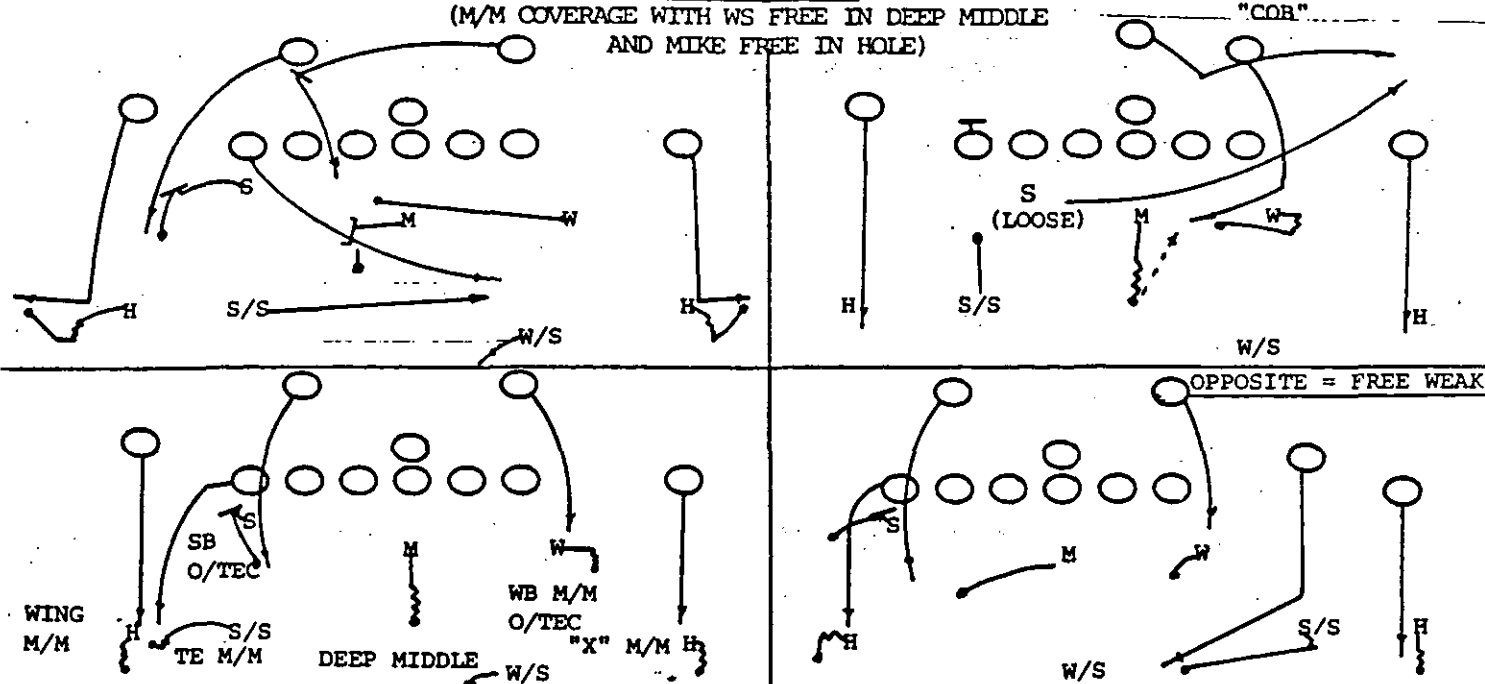
NOTE: NEAR OR OPPOSITE = FREE WEAK.



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	OUTSIDE SHOULDER	TE/SB BACKER SUPPORT	SB M/M. SB BLOCKS - HOLD FOR DRAW/SCREEN. FLOOD - HANG WITH "Y" SLOW.
MIKE	BY DEFENSE	WB	IN/OUT ON WB WITH WILL AND X IN. WB BLOCKS - DROP BACK HOLD AND LOOK FOR DRAW/SCREEN. COACHING POINT: COUNTER ACTION, IN/OUT WITH WILL ON FIRST BACK.
WILL SAM/O	HIP POSITION	WB NEAR: CORNER SUPPORT	IN/OUT ON WB WITH MIKE AND X IN. WB BLOCK - WORK OUT TO SLOT ZONE. FLOW - HOLD AND LOCATE INSIDE BREAKING RECEIVER. N/T - LOOK FOR X IN. COUNTER ACTION, IN/OUT ON FIRST BACK WITH MIKE.
S/HB	BUMP AND RUN	WING	BUMP AND RUN TECHNIQUE - WING M/M.
	NO BUMP AND RUN SHADE OUTSIDE OF WING, 5-7 YARDS DEEP.	SAME AS FREE	
S/S	ONE YARD OUTSIDE OF TE, 5-7 YDS. DEEP.	TE BACKER SUPPORT	TE M/M WITH HELP IN DEEP MIDDLE. CLAMP TE. NO IN- SIDE HELP FROM BACKERS. MUST TAKE AWAY THE TE LOOK IN.
W/S	CHEAT TO A POSI- TION 8-10 YDS DEEP. DISGUISE.	QB AND PATTERN SAME AS FREE	
W/HB	BUMP AND RUN	"X"	BUMP AND RUN TECHNIQUE - "X" M/M
	NO BUMP AND RUN SHADE OUTSIDE OF "X", 5-7 YDS. DEEP.	SAME AS FREE (EXCEPT: SHORT INSIDE HELP) NEAR: CORNER SUPPORT NEAR = PLAY LIKE SPLIT. LOOSE AND LOOK.	

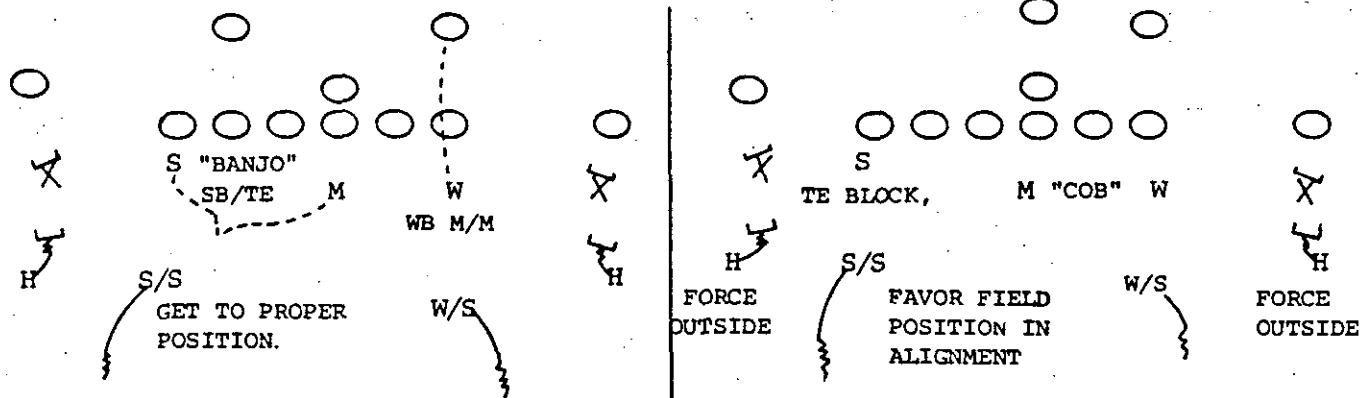
MIKE FREE (MF)



(M/M COVERAGE WITH WS FREE IN DEEP MIDDLE AND MIKE FREE IN HOLE)



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	OUTSIDE SHOULDER CALL LOOSE VS. BROWN.	TE/SB BACKER SUPPORT	SB M/M O/TEC. INSIDE HELP FROM MIKE. <u>SB BLOCKS</u> - DROP TO HOOK. <u>FLOOD</u> - SB M/M (RAINBOW). COACHING POINT - COUNTER ACTION START WEAK, PICK UP S/S FLARE M/M. "COB".
MIKE	BY DEFENSE	QB AND PATTERN	DROP STRAIGHT BACK. ZONE THE HOLE. WATCH THE QB AND ATTACK THE BALL. KNOCK OFF CROSSING RECEIVERS.
WILL SAM/O	HIP	WB NEAR: SAFETY SUPPORT	WB M/M O/TEC. INSIDE HELP FROM MIKE. <u>WB BLOCKS</u> - "HANG".
S/HB	SAME AS FREE		
S/S	SAME AS FREE		INSIDE HELP FROM MIKE. MUST STAY WITH TE CROSS
W/S	SAME AS FREE		
W/HB	SAME AS FREE		
	NEAR =	FREE WEAK.	

DOUBLE/SINGLE (DOS)
(5 SHORT FORCE OUT TAILGATE M/M-LB'ERS M/M ON A, B, & Y
2 DEEP ZONE BY SAFETIES)



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM	OUTSIDE SHOULDER	BACKER SUPPORT TE/SB	NO BACK PRESENT, TE M/M. SB PRESENT, IN AND OUT WITH MIKE ON SB AND TE. <u>TE BLOCKS</u> - HANG.
MIKE	BY DEFENSE	SB, TE, 	NO ST. BACK PRESENT = "COB" SB PRESENT = IN AND OUT WITH SAM ON SB AND TE. - "BANJO". MAKE "COB" CALL WITH WILL ON BROWN AND I.
WILL	HIP	BACKER SUPPORT WB	WB M/M. WB BLOCKS - CLAMP FOR DRAW/SCREEN. BROWN AND I = "COB"
S/HB	BUMP AND RUN	WING	BUMP AND RUN TECHNIQUE, WING M/M.
	NO BUMP AND RUN ONE COVERAGE ALIGNMENT	TE, SB	INSIDE TECHNIQUE. HOLD, JAM WING AND BUILD A WALL. FORCE OUTSIDE AND GO WITH M/M. (JAM, TAILGATE FOR INTERCEPTION). CAN ALSO PLAY IN AND OUT WITH S/S BY GAME PLAN.
S/S	TAKE ALIGNMENT FAVORING YOUR HASH	BACKER SUPPORT WING/TE/SB	STRONG ½ THE FIELD. AS A CHANGE UP MAY USE IN/OUT WITH SHB. (MUST LET LB'S KNOW.) ALERT RUN CALL.
W/S	TAKE ALIGNMENT FAVORING YOUR HASH	WB, "X"	WEAK ½ THE FIELD. AS A CHANGE UP MAY USE IN/OUT WITH WHB. MUST LET LB'S KNOW. NEAR = CAIN. OPPOSITE = SPLIT JET. ALERT RUN CALL.
W/HB	BUMP AND RUN	"X"	BUMP AND RUN, "X" M/M.
	NO BUMP AND RUN ONE COVERAGE LOCATION WORK TO INSIDE TECHNIQUE BEFORE SNAP.		HOLD, JAM X. FORCE OUTSIDE AND GO WITH HIM M/M. (JAM, TAILGATE FOR INTERCEPTION). CAN ALSO PLAY IN/OUT WITH W/S BY GAME PLAN.
	NEAR - FOUR YDS. DEEP, FOUR YDS. OUTSIDE NEAR	NEAR	IN/OUT ON NEAR WITH W/S. (SAME AS ONE) - "CAIN". OPPOSITE = SPLIT JET.
	OPPOSITE =	SPLIT JET	

INTRODUCTION TO ZONE PRINCIPLES

BEFORE SNAP:

ANTICIPATE PASS RESPONSIBILITIES: KNOW YOUR AREA OF ZONE. KNOW THE FORMATION, DOWN AND DISTANCE, FIELD POSITION, GAME SITUATION, AND THE RECEIVER YOU ARE COVERING. ANTICIPATE YOUR ADJUSTMENTS ON FLOOD (FRANK) ROLL OR FLOW AND ALERT ONE ANOTHER WITH VERBAL COMMUNICATION. EXAMPLE: "ALERT FRANK ACTION".

ON SNAP:

TAKE YOUR RUN AND PASS KEYS. IF NO RUN SHOWS, DROP TO YOUR ZONE RESPONSIBILITY SEEING THE QUARTERBACK AND HIS THROWING MOTION. ALWAYS SEE RECEIVERS DOWNFIELD 14 YARDS OR DEEPER IN YOUR ZONE.

HUSTLE BACK TO AREA AND GET DEPTH AND WIDTH FROM YOUR STARTING POINT, JAM AND RE-ROUTE RECEIVERS. DESTROY AND DISRUPT THE TIMING OF THE PASS PATTERN. WE CANNOT PLAY ZONE AND ALLOW RECEIVERS TO RUN UNMOLESTED DOWNFIELD.

DIAGNOSE:

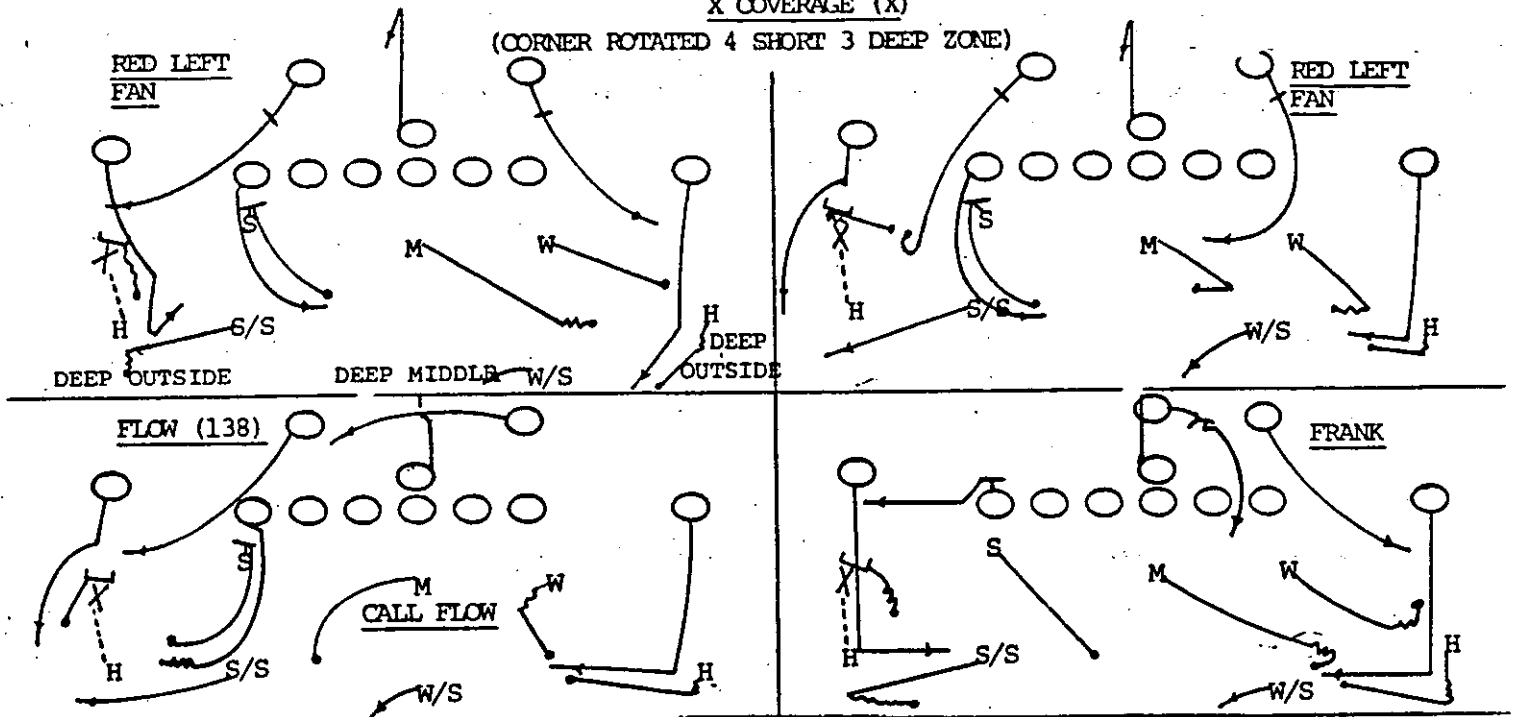
RECOGNIZE AND DIAGNOSE THE PATTERN AS YOU JAM AND WORK TO YOUR ZONE. FUNNEL ALL OUTSIDE RECEIVERS INSIDE ON ZONE COVERAGES - FORCE INSIDE RECEIVERS OUT. WHENEVER THE QUARTERBACK ROLLS, SPRINTS OR BOOTS, EXTEND OR COLLAPSE DEPENDING ON YOUR RELATIONSHIP TO THE BALL. DO NOT FOLLOW FLARING RECEIVER INTO ANOTHER ZONE. THIS IS AN IMPORTANT FUNDAMENTAL. IF RECEIVER LEAVES YOUR ZONE, YOU CAN EXPECT ANOTHER RECEIVER INTO YOUR ZONE FROM A DIFFERENT POSITION.

REACTION:

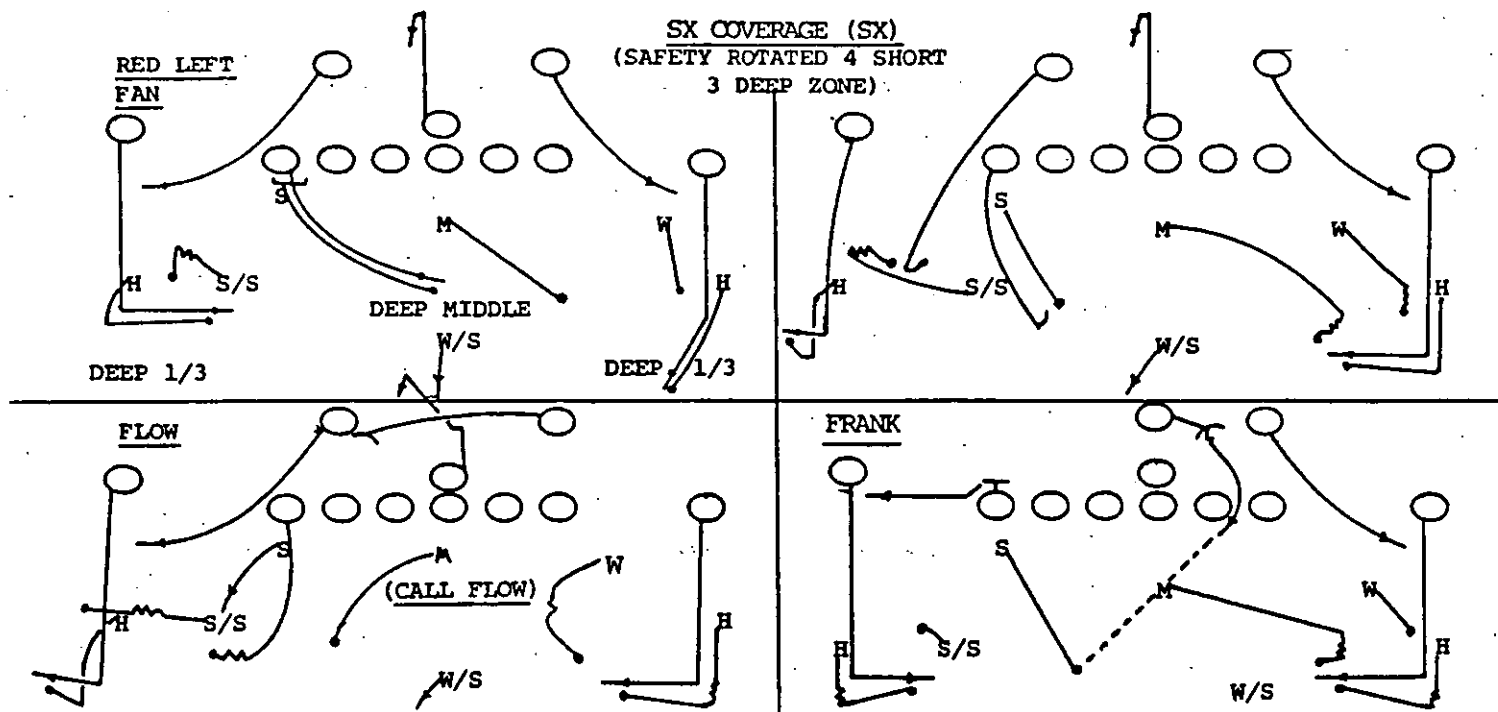
GET IN PROPER POSITION ON MAN IN ZONE. PLAY DEEP TO SHORT IN ZONE! CONCENTRATE AND REACT TO THE EYES AND PASSING MOTION OF THE QUARTERBACK. WHEN THE BALL IS LAUNCHED, OR THE BALL CARRIER CROSSES THE LOS, ALWAYS CONVERGE AND SWARM THE BALL CARRIER OR RECEIVER AND PUNISH HIM. EVERYONE!!

X COVERAGE (X)

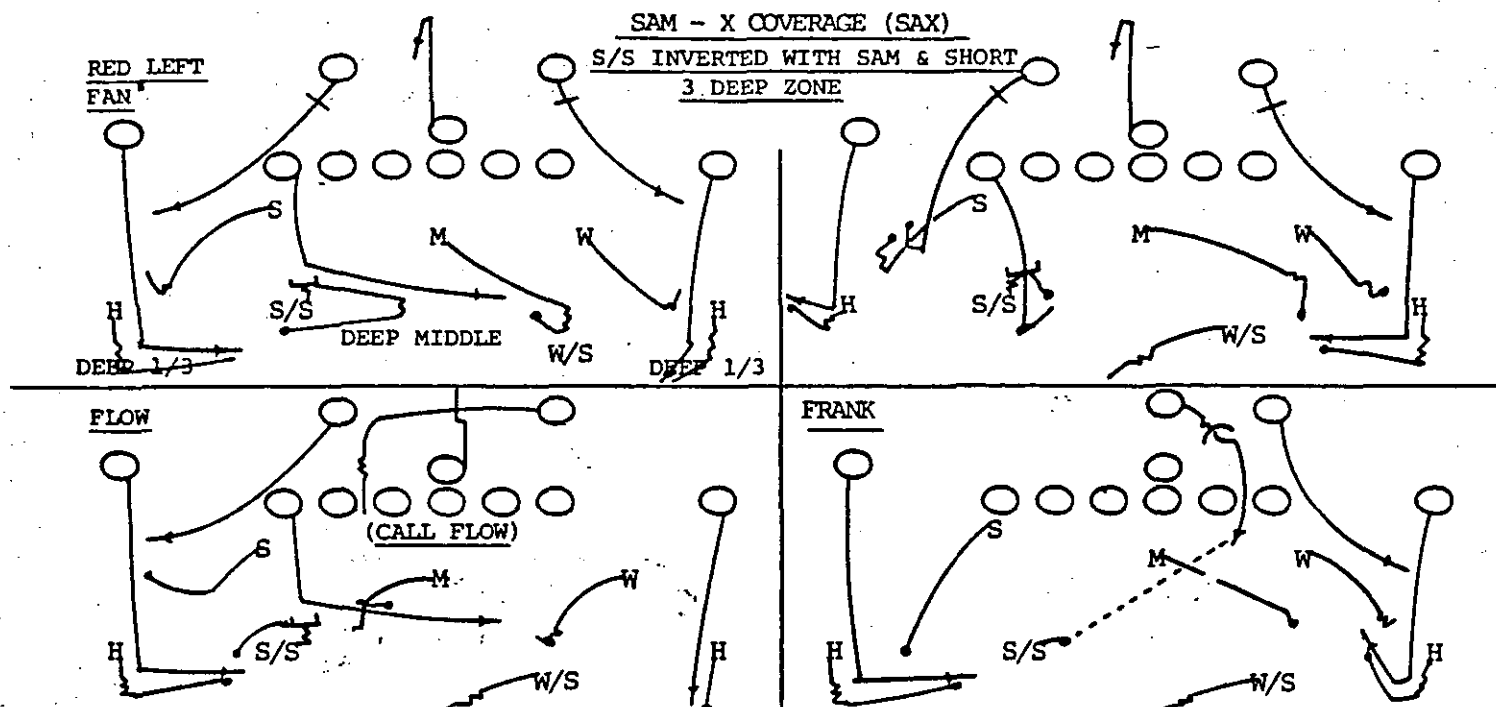
(CORNER ROTATED 4 SHORT 3 DEEP ZONE)



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	RED, YELLOW, TRIPS HEAD ON T.E. BROWN & I SHADE INSIDE SHOULDER OF T.E.	CORNER SUPPORT TE/SB KNOW ROUTE OF SB.	FORCE T.E. OUTSIDE. DROP TO S/HOOK. (14 YARDS). TAKE INSIDE RECEIVER TO THE BALL. PLAY SCREEN IN/OUT. FLOW - ZONE S/SLOT. FLOOD - DROP TO BALL. COVER INSIDE RECEIVER.
MIKE	BY DEFENSE	WB, "X"	DROP TO W/HOOK (14 YARDS). WB BLOCK - ALERT CK. DOWN AND CROSSING PATTERNS. PLAY IN-OUT ON SCREEN. WB CIRCLE OVER - CARRY TO BALL. WB WIDE - COVER INSIDE MOVE BY "X". FLOW - DROP TO STRONG HOOK. CALL "FLOW". FLOOD - COVER INSIDE RECEIVER.
WILL SAM/O	VARY ALIGNMENT 1. HIP 2. WALK 3. I	"X", WB	DROP TO W/SLOT (14 YARDS). WB BLOCKS OR RUNS CIRCLE OVER - HOLD OFF INSIDE MOVES BY "X". WB ARROW WIDE - HOLD OFF "X" REACT ON THROW TO WB. PLAY SCREEN OUTSIDE/IN. FLOW - DROP TO WK/HOOK AND LOOK FOR CROSSING PATTERNS.
S/HB	FIVE TO SEVEN YARDS. O/TEC	CORNER SUPPORT READ TE, SB AND WING	RESPONSIBLE FOR FLAT TO S/SLOT. JAM AND FUNNEL WING (INSIDE). SB BLOCKS - ZONE FLAT. PLAY SCREEN OUTSIDE/IN. LOOSE IN/OUT WITH SAM ON TE/SB. TE/SB RUNS FLAT, HANG ON NUMBERS. HOLD OFF FADE AND REACT INSIDE TO ROUTES OF TE OR SB.
S/S	FOUR TO SEVEN YARDS. DISGUISE.	CORNER SUPPORT PASS PROGRESSION TE, SB, AND WING.	DEEP OUTSIDE 1/3 ZONE. GET IN PROPER POSITION ON MAN IN ZONE. DIAGNOSE PATTERN, LOOK TO QB TO GET JUMP ON BALL. SEE WING FUNNEL - LEVEL OFF O/TEX. FADE - FLATTEN TO FADE M/M WITH QB LOOKING. GIVE "GO" CALL ON THREE RECEIVERS OUT STRONG SIDE.
W/S	NINE YARDS. DISGUISE.	SEE ALL RECEIVERS STRONG TO WEAK	DEEP MIDDLE READ QB PATTERN AND RECEIVERS. LOOK TO "Y" RUNNING SEAM. NEVER COMMIT SHORT. KNOW IF WB RUNS INSIDE FLY. GO WITH QB'S LOOK BUT SEE HIM IF HE CHANGES.
W/HB	FIVE TO SEVEN YARDS. O/TEC	"X"/WB	M/M ON ALL "X" ROUTES (EXCEPT SLICE AND DEEP POST). IF BALL IS THROWN ON TIME, IF NOT, ZONE DEEP OUTSIDE 1/3. MUST CALL OUT SLICE TO MIKE.

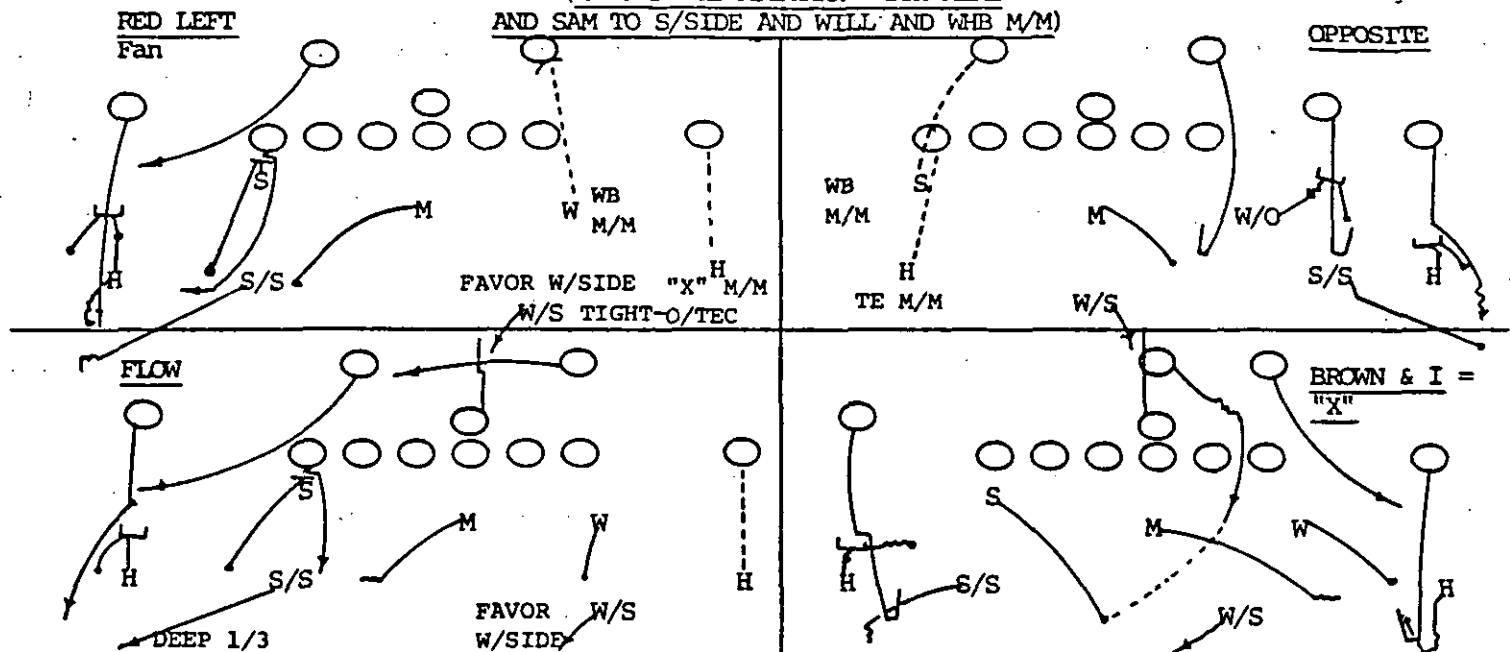


POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	SAME AS	X COVERAGE	
MIKE	SAME AS	X COVERAGE	
WILL SAM/O	SAME AS	X COVERAGE	
S/S	FOUR TO SEVEN YARDS. DISGUISE.	SAFETY SUPPORT PASS PROGRESSION T.E., S.B. AND WING.	RESPONSIBLE FOR S/SLOT TO FLAT. SB BLOCKS - ZONE FLAT. COVER WING IN OR TE OUT. REACT TO SCREEN OUTSIDE IN. IN/OUT WITH SAM ON TE/SB. TE/SB RUNS FLAT - HOLD OFF WING CURL OR TE OUT. FLOW - WORK TO OUT. FLOOD - ZONE SLOT. REACT TO TE "D" OR SCREEN.
S/HB	FOUR TO SEVEN YARDS. O/TEC	PASS PROGRESSION WING, T.E. AND S.B.	LOOSE M/M ON ALL WING'S ROUTES (EXCEPT SLICE AND DEEP POST), IF BALL IS THROWN ON TIME, IF NOT, ZONE DEEP OUTSIDE 1/3.
W/S	SAME	AS X COVERAGE	
W/HB	SAME	AS X COVERAGE	



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	OUTSIDE TE	BACKER SUPPORT TE/SB	RESPONSIBLE FOR S/SLOT TO FLAT AREA. SB BLOCKS - ZONE FLAT COVER WING IN OR TE OUT. REACT TO SCREEN OUTSIDE IN. IN/OUT WITH S/S ON TE/SB. TE/SB RUNS FLAT - HOLD OFF WING CURL OR TE OUT (NUMBERS). FLOW - HEAR FLOW CALL AND WORK TO OUT. FLOOD - ZONE SLOT. HOLD OFF IN ROUTES BY WING. REACT TO TE "D" OR SCREEN.
MIKE	SAME AS	X COVERAGE	
WILL SAM/O	SAME AS	X COVERAGE	
S/S	5-7 YARDS. DIS- GUISE. BY GAME PLAN.	BACKER SUPPORT TE/SB	JAM TE OUTSIDE. DROP TO S/HOOK AREA (14 YARDS). IN/OUT WITH SAM ON TE/SB. CARRY INSIDE RECEIVER TO THE BALL. FLOW - ZONE S/SLOT (LOOK FOR TE. DRAG, WING CURL, OR WE CHECK DOWN). FLOOD - DROP TO MIDDLE. COVER FIRST INSIDE BREAKING RECEIVER. 3 CHECK DOWN. A CIRCLE OVER. X TRAIL. PLAY SCREEN FROM INSIDE/OUT.
S/ CORNER	SAME AS	X COVERAGE	
W/ SAFETY	SAME AS	X COVERAGE	
W/ CORNER	SAME AS	X COVERAGE	

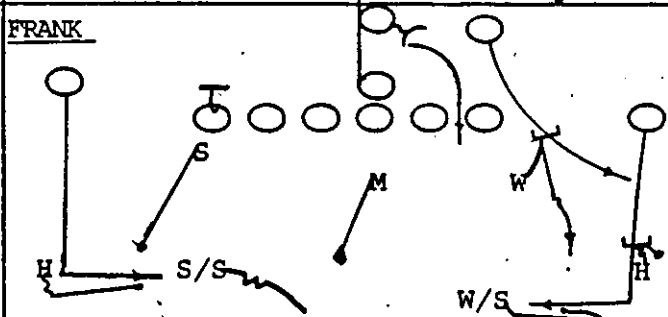
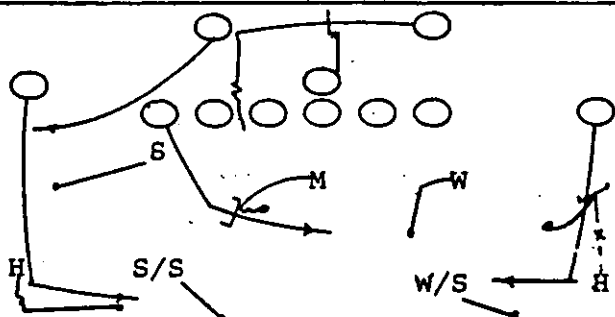
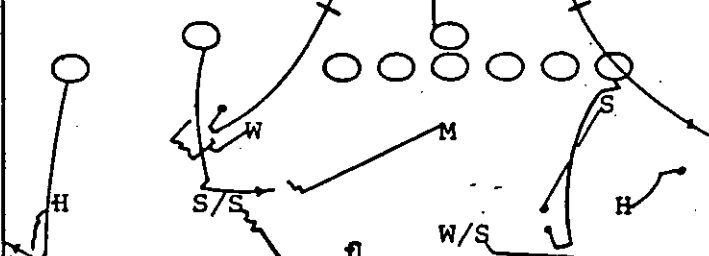
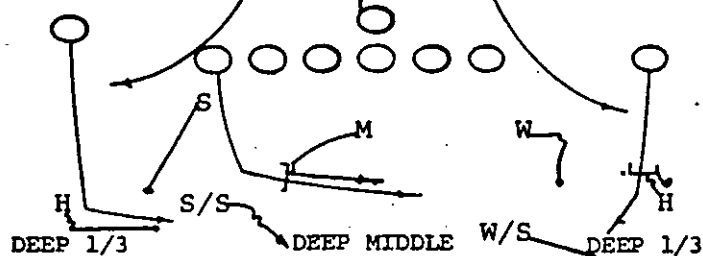
X SLIDE COVERAGE
(X COVERAGE ROTATION WITH MIKE
AND SAM TO S/SIDE AND WILL AND WHB M/M)



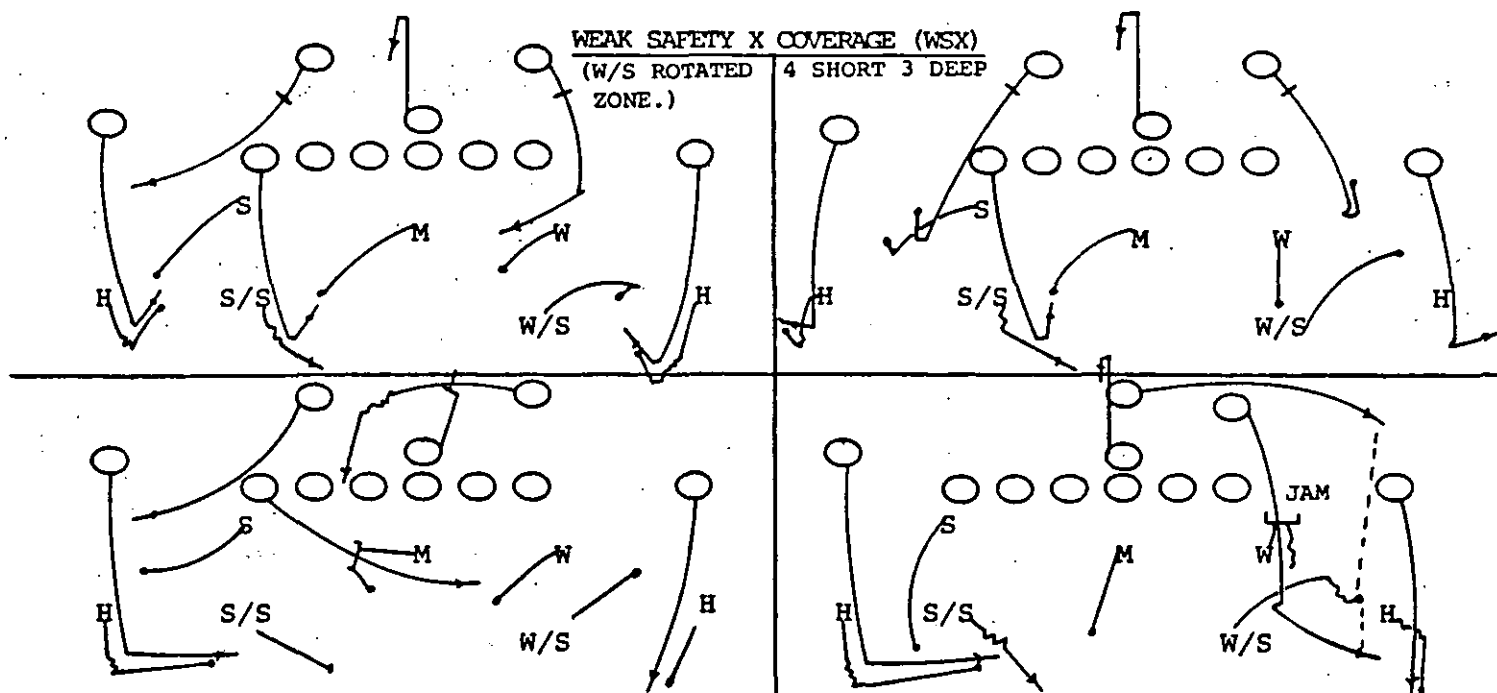
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	SAME AS X COVERAGE	TE, SB	JAM TIGHT END AND WORK TO SLOT ZONE. AS YOU WORK TO ZONE, CONCENTRATE MORE ON OUTSIDE BREAKING RECEIVER OF TE/SB. TE/SB RUN FLAT ROUTE, LOOK FOR WING CURL OR TE DRAG (SLOT)
		SLOT/SB	JAM SLOT - GET DEPTH IN SLOT ZONE. SEE QB AND REACT TO THE BALL.
MIKE	BY DEFENSE	SB, TE	WORK TO STRONG HOOK. PICK UP INSIDE BREAKING RECEIVER. GO WITH HIM ACROSS YOUR FACE M/M.
WILL SAM/O	HIP. NEAR - OUTSIDE SHOULDER	BACKER SUPPORT -NEAR-BACKER SUPPORT	WB M/M - YOU WILL GET HELP IN DEEP MIDDLE FROM W/S. USE INSIDE TECHNIQUE.
S/HB	SAME AS	DX COVERAGE	
S/S	SAME AS	X COVERAGE	
W/S	SAME AS	X COVERAGE	EXCEPT FAVOR WEAKSIDE MORE. TAKE SS CROSSING RECEIVER M/M ACROSS YOUR FACE.
W/HB	SAME AS ONE COVERAGE LOCA- TION. OPP-HEAD ON TE 5 YDS. DEEP	BACKFIELD TO X	OUTSIDE TECHNIQUE TIGHT M/M ON "X". FOLLOW ON IN- SIDE ROUTES. YOU WILL GET HELP DEEP ON INSIDE ROUTE BY W/S. OPP - M/M TE (CLAMP).
***	SLIDE IS A GOOD DEFENSE VS. THE STRONG SIDE PASSING GAME WHEN THERE IS A SB PRESENT. NOTE: NO SB PRESENT - WE WILL PLAY X COVERAGE.		

WEAK X COVERAGE (WX)
(CORNER ROTATED WEAKSIDE
4 SHORT-3 DEEP ZONE)

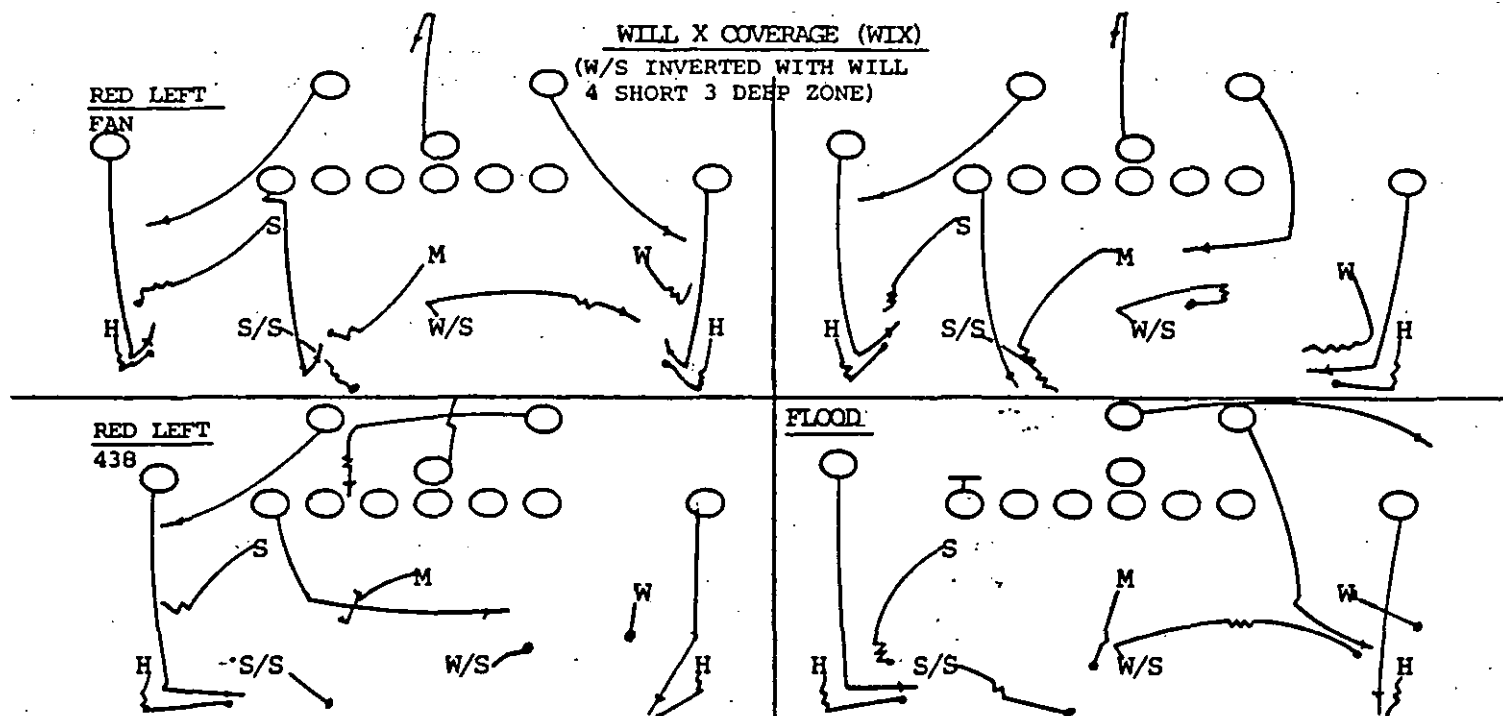
RED LEFT
FAN



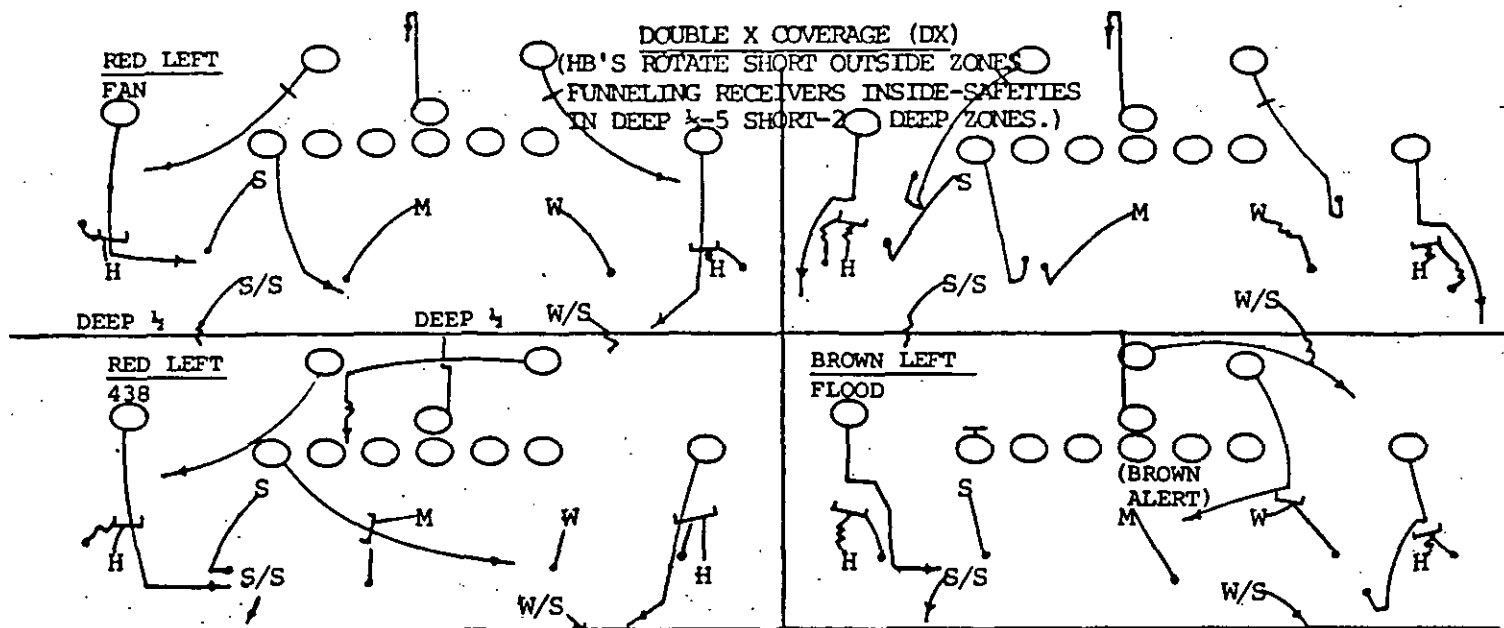
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	OUTSIDE SHOULDER LOOSE = CALL "LEO, RAM OR EVEN". - GAME PLAN	TE/SB BACKER SUPPORT	RESPONSIBLE FOR S/SLOT TO FLAT AREA. SB BLOCKS-ZONE SLOT. COVER WING IN OR TE OUT. REACT TO SCREEN OUTSIDE IN. <u>IN/OUT WITH MIKE ON TE/SB</u> . <u>TE/SB RUNS FLAT-HOLD OFF</u> <u>WING CURL OR TE OUT (NUMBERS)</u> . <u>FLOW - HEAR FLOW</u> <u>CALL AND WORK TO OUT</u> . <u>FLOOD-ZONE SLOT</u> . HOLD OFF IN ROUTES BY WING. REACT TO TE "D" OR SCREEN.
MIKE	BY DEFENSE	SB/TE	DROP TO S/HOOK AREA (14 YDS.). IN/OUT WITH SAM ON TE/SB. REACT TO SCREEN FROM INSIDE/OUT. <u>FLOW-ZONE S/HOOK AREA</u> <u>CALL FLOW</u> . (WB CHECK DOWN) <u>FLOOD-DROP TO MIDDLE</u> . COVER FIRST INSIDE BREAKING RECEIVER. B CHECK DOWN. A CIRCLE OVER, TE CURL.
WILL SAM/O	HIP	WB	DROP TO W/HOOK AREA (14 YDS.). WB BLOCK-CHECK DOWN M/M. ALERT CROSSING ROUTES. REACT TO SCREEN INSIDE OUT. <u>WB</u> <u>CIRCLE (OVER)-HOLD INSIDE TECHNIQUE M/M TO BALL</u> . <u>WB ARROW/WIDE-LOCATE AND COVER INSIDE ROUTES OF "X"</u> . <u>FLOW DROP TO W/HOOK AREA</u> . COVER Y CROSS. N/T-LOOK FOR X IN. <u>FLOOD- JAM AND WORK BACK</u> .
S/S	FIVE TO SEVEN YARDS. DISGUISE	BACKER SUPPORT B TO TE	DEEP MIDDLE ZONE. READ QB; PATTERN, RECEIVERS. LOOK TO "Y" RUNNING SEAM. NEVER COMMIT SHORT. KNOW IF WB RUNS INSIDE FLY. GO WITH QB'S LOOK BUT SEE HIM IF HE CHANGES.
S/HB	FIVE TO SEVEN YARDS. O/TEC	TE/BACKFIELD	MAN TO MAN ON ALL WING'S ROUTES (EXCEPT SLICE AND DEEP POST) IF THE BALL IS THROWN ON TIME. IF NOT, ZONE DEEP OUTSIDE.
W/S	NINE YARDS. DISGUISE	B to "X" CORNER SUPPORT NEAR-CORNER	GET IN PROPER POSITION ON MAN IN ZONE. DEEP OUTSIDE ZONE-DIAGNOSE PATTERN, LOOK TO THE QB TO GET JUMP ON BALL. SEE "X" FUNNEL-LEVEL OFF O/TEC. <u>FADE-FLATTEN TO</u> <u>FADE M/M WITH QB LOOK</u> .
W/HB	FIVE TO SEVEN YARDS. DISGUISE	B TO "X" NEAR = KEY NEAR AND B	RESPONSIBLE FOR W/SLOT TO FLAT AREA. HOLD, JAM, AND RIDE "X". FUNNEL INSIDE. KNOW ROUTES OF WB. <u>WB BLOCKS-ZONE SLOT</u> . COVER "X" IN OR WB OUT. REACT TO SCREEN OUTSIDE IN. LOOSE IN/OUT WITH WILL ON WB/X. WB RUNS FLAT, HANG ON NUMBERS. <u>VS. "X"</u> <u>FADE-HOLD OFF FADE AND REACT INSIDE TO ROUTES OF THE</u> <u>WB</u> .



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O		SAME AS WX	
MIKE		SAME AS WX	
WILL SAM/O		SAME AS WX	
S/S		SAME AS WX	
S/HB		SAME AS WX	
W/S	OVER WEAK OF 7-9 YDS. DISGUISE. (WINDOW DRESS 61 BLITZ)	W/S SUPPORT WB to X	RESPONSIBLE FOR W/SLOT TO FLAT AREA. <u>WB BLOCKS</u> - ZONE SLOT. COVER X IN. REACT TO SCREEN OUTSIDE IN. IN/OUT WITH WILL ON WB/X. <u>WB RUNS FLAT</u> - HOLD OFF ON NUMBERS (10 YARDS). <u>FLOOD</u> - ZONE SLOT. HOLD OFF IN ROUTES OF X AND REACT ON THROW TO FLAT ROUTES.
W/HB	FIVE TO SEVEN YARDS	WB TO X	M/M ON ALL X ROUTES (EXCEPT SLICE AND DEEP POST), IF THE BALL IS THROWN ON TIME. IF NOT, ZONE DEEP OUTSIDE. <u>FLOW WILL NOT CHANGE YOUR RESPONSIBILITIES.</u>



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	SAME AS WX		
MIKE	SAME AS WX		
WILL SAM/O	VARY ALIGNMENT SAME AS SX		ZONE W/SLOT TO FLAT.
S/S	SAME AS WX		
S/HB	SAME AS WX		
W/S	OVER CENTER 7-9 YARDS GIVE SPLIT LOOK	BACKER SUPPORT WB TO X	MOVE TO W/HOOK AREA (10-14 YARDS) <u>WB BLOCKS</u> - ALERT FOR CHECK DOWN OR CROSSING ROUTES. REACT TO SCREEN INSIDE/OUT. <u>WB CIRCLE</u> - HOLD I/TEC M/M (14 YARDS). <u>WB ARROW OR WIDE</u> - LOCATE AND COVER INSIDE ROUTES OF X. <u>FLOOD</u> - JAM AND WORK BACK.
W/HB	SAME AS WSX		



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM WILL/O	HEAD ON TE. TE FLEX - DROP OFF AND INSIDE.	CORNER SUPPORT TE/SL, SB	MUST JAM TE. WORK TO STRONG SLOT. SEE STRONG BACK. SB OUT - YOU MUST BE READY TO ATTACK THE GIMMICK PATTERN. NO GIMMICK - GET DEPTH IN SLOT. SQUARE AWAY AND LOCATE BALL. FLOOD - DROP TO STRONG HOOK. COACHING POINT: TE ESCAPES OUTSIDE AND DEEP - TAILGATE M/M.
MIKE	BY DEFENSE	B	DROP MIDDLE OF FIELD. RED-YELLOW - FAVOR SS AND BE ALERT FOR INSIDE OR UPFIELD ROUTE OF SB/TE. GET EXTRA DEPTH. TE/SB STREAK - FORCE DEEP THROW. N/T - SQUARE UP AND PLAY QB. BROWN/DOUBLE = (BROWN ALERT) - FAVOR WS AND BE ALERT FOR INSIDE RECEIVER (WB/SB/"X"). GET DEPTH AND SQUARE UP NO WIDER THAN THE HASH. LOCATE AND REACT TO BALL. COACHING POINT: TE OR SB DEEP INSIDE - GO WITH M/M.
WILL SAM/O	HIP POSITION VS. NEAR-HEAD ON	CORNER SUPPORT WB VS. NEAR-NEAR/WB CORNER SUPPORT	SAME AS WX COVERAGE-EXCEPT RED WITH WB ON INSIDE ROUTE. HOLD, JAM AND WORK TO ZONE. GET DEPTH AND SQUARE UP. BROWN/DOUBLE = (BROWN ALERT) - HOLD, JAM, YOU MUST BE READY TO ATTACK THE GIMMICK. NO GIMMICK-GET DEPTH in SLOT ZONE, SQUARE AWAY, LOCATE AND REACT TO BALL.
S/HB	ONE COVERAGE LOCATION	CORNER SUPPORT PASS PROGRESSION TE/SB, WING	SAME AS "X" COVERAGE - EXCEPT NO 3 RECEIVER READ. HOLD, MUST JAM, TAKE AWAY THE "OUT" AND "FADE", FUNNEL RECEIVER INSIDE. TURN INSIDE AND KEEP VISION. GET DEPTH AND REACT TO BALL. 2ND ACROSS FACE, COVER M/M.
S/S	ONE COVERAGE LOCATION	CORNER SUPPORT PASS PROGRESSION WING, TE, SB	GET TO PROPER POSITION IN ZONE - SPLIT THE FORMATION. ZONE-DEEP S/SIDE 1/2 OF FIELD. SEE, PLAY DEEP TO SHORT. FOCUS ON QB AND BACKFIELD BUT KNOW ROUTE OF WING WING FUNNELED-LEVEL OFF I/TECH. WING FADE-LEVEL OFF IN- SIDE NUMBERS. REACT TO COVER WING DEEP ON QB'S LOOK AND THROWING MOTION. GO WITH QB'S LOOK BUT SEE HIM CHANGE.
W/S	ONE COVERAGE LOCATION	CORNER SUPPORT BACKFIELD TO X	GET TO PROPER POSITION IN ZONE - SPLIT THE FORMATION. ZONE DEEP W/SIDE 1/2 OF FIELD. SEE, PLAY DEEP TO SHORT. FOCUS ON QB BUT KNOW ROUTE OF "X". "X" FUNNELED- LEVEL OFF I/TECH. "X" FADE- LEVEL OFF INSIDE THE NUM- BERS. REACT TO COVER "X" DEEP ON QB'S LOOK AND THROWING MOTION.
W/HB	ONE COVERAGE LOCATION	CORNER SUPPORT BACKFIELD TO X	SAME AS WX - EXCEPT NO 3 RECEIVER READ. MUST JAM, TAKE AWAY THE "OUT" & "FADE". FUNNEL THE RECEIVER INSIDE. TURN INSIDE AND KEEP VISION. GET DEPTH AND REACT TO BALL.. 2ND ACROSS FACE GO M/M

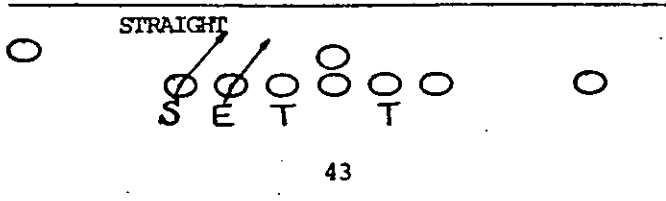
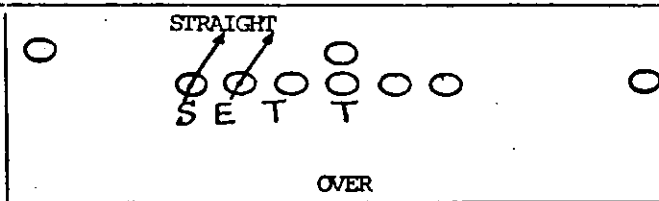
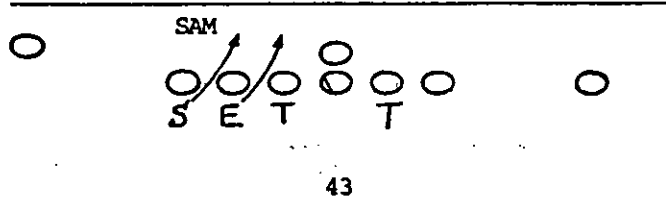
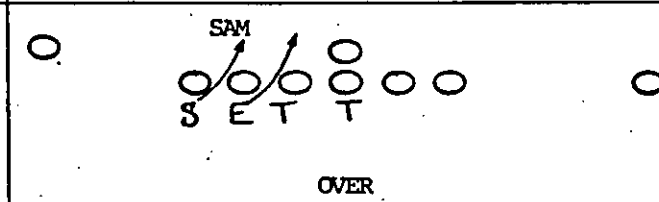
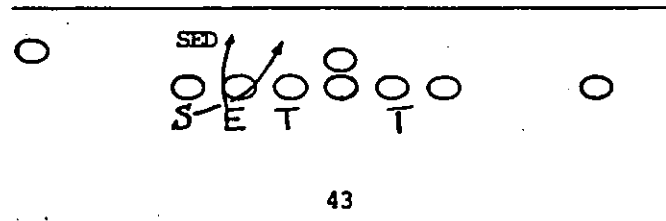
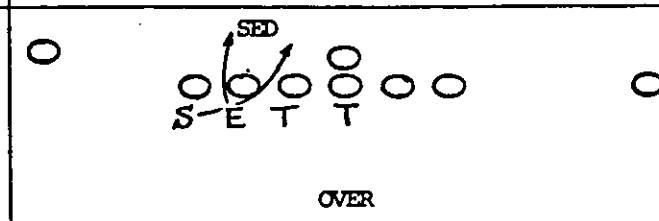
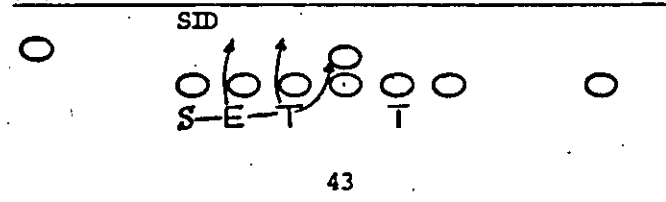
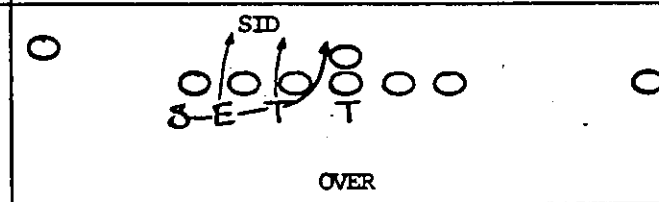
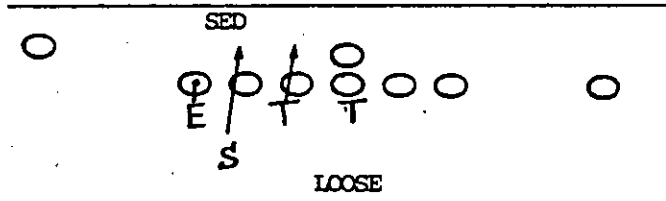
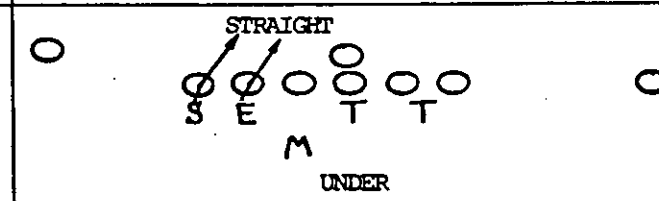
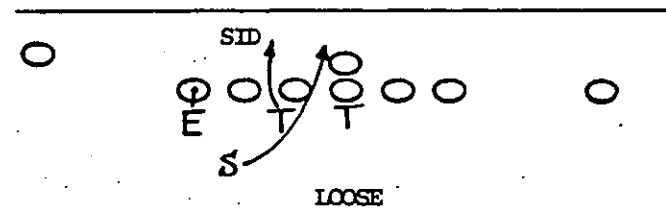
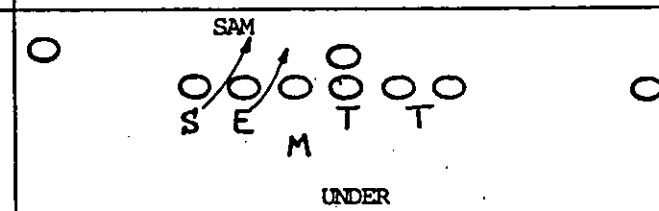
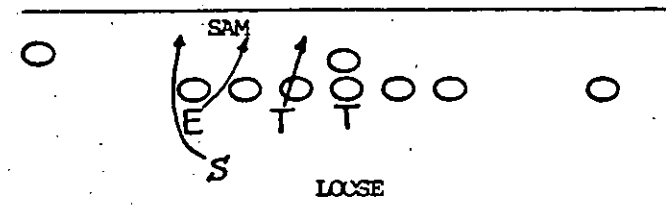
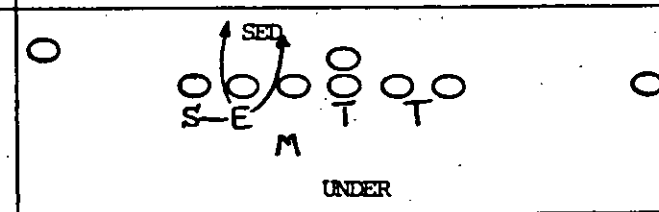
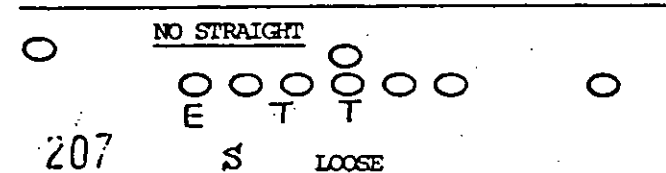
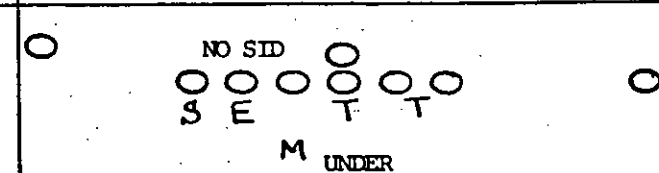
THEORY OF BLITZING

OUR THEORY OF BLITZING IS A PENETRATING TYPE OF DEFENSE THAT WILL DESTROY THE PATTERN OF THE PLAY WHETHER A RUN OR PASS, WITH LINEMEN PENETRATING AND LINEBACKERS HITTING GAPS. WE WANT TO HIDE THE BLITZ TO GET THE ELEMENT OF SURPRISE AND CREATE CONFUSION WITH THE OFFENSE. IF IT IS A RUN, WE WANT TO DESTROY THE INTERFERENCE; IF THE BLITZING MEN CANNOT MAKE THE TACKLE, THE BALL CARRIER IS AN EASY MARK FOR OUR DEFENSIVE BACKS. IF IT IS A PASS, WE WANT TO EITHER TRAP THE QUARTERBACK OR DESTROY THE TIMING SO THAT IT IS A BAD THROW. OUR DEFENSIVE BACKS SHOULD BE ABLE TO COVER RECEIVERS CLOSE BECAUSE OF THE PRESSURE BY THE FRONT SEVEN ON BLITZES. WE MUST REMEMBER IF A LONG GAINER DEVELOPS ON A BLITZ, OUR PURSUIT WILL NOT BE AS EFFECTIVE BECAUSE OF OUR PENETRATING LINEMEN AND LINEBACKERS. THEREFORE, A TREMENDOUS SECOND EFFORT IS NEEDED AND OUR SECONDARY MEN HAVE TO BE SURE TACKLERS IN THE OPEN FIELD BECAUSE THEY ARE OUR LAST LINE OF DEFENSE ON OUR BLITZES.

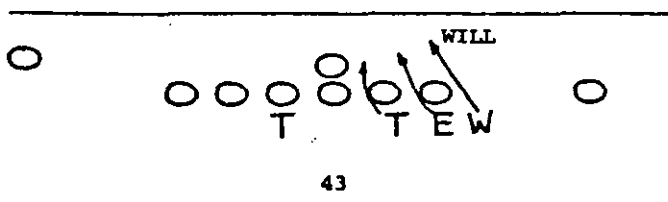
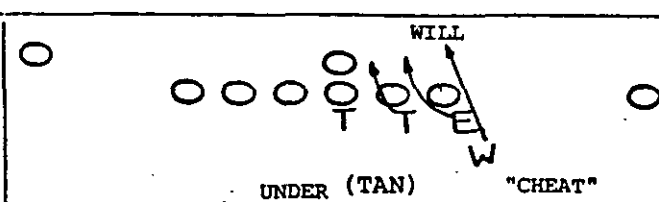
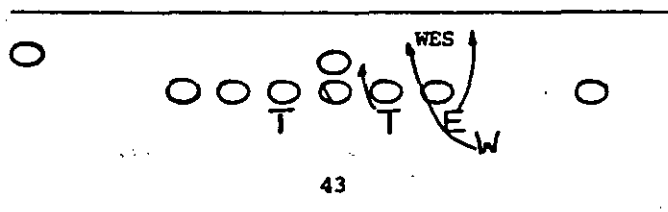
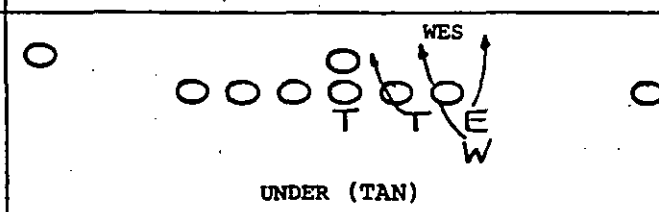
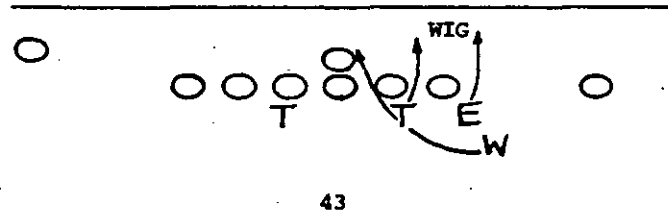
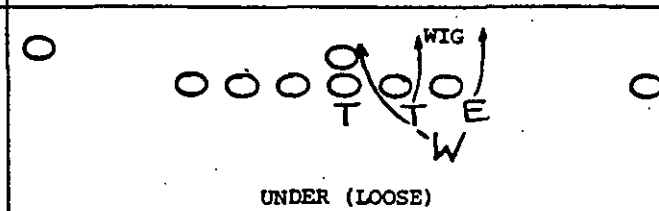
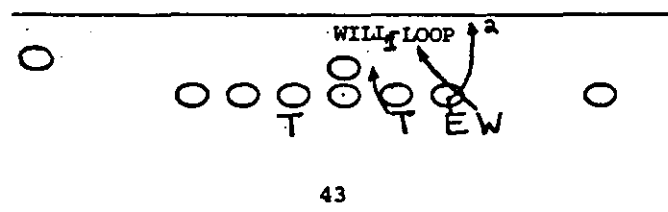
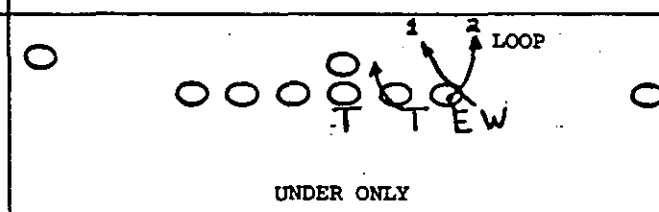
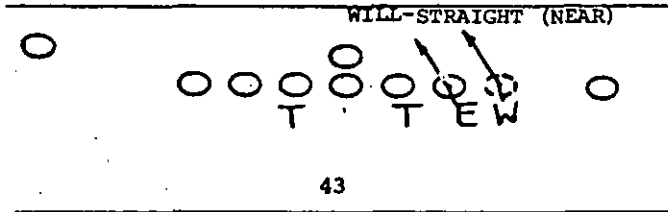
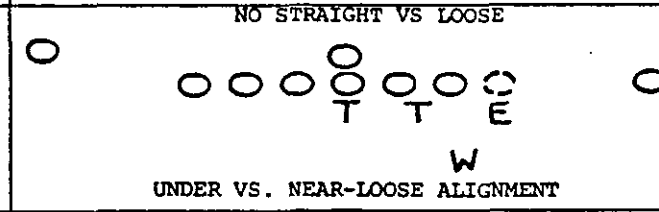
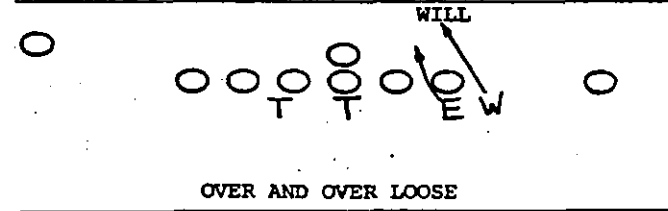
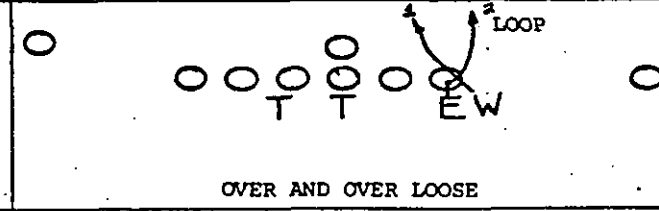
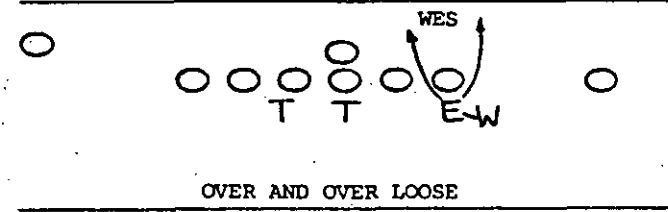
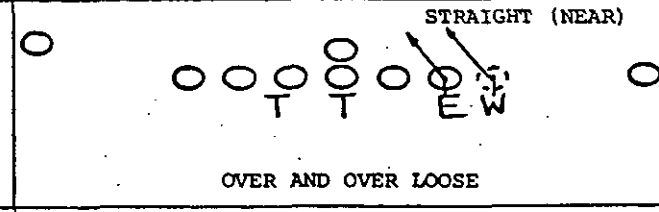
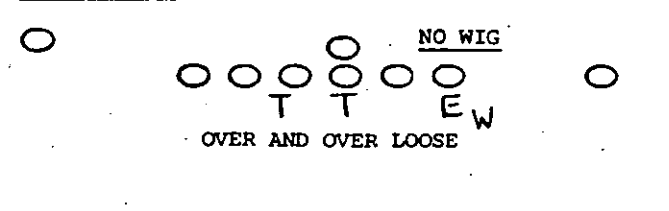
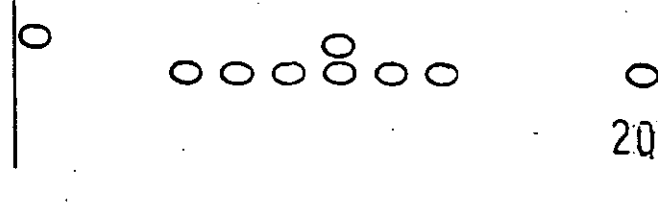


BLITZING DEFENSES

1. CINCO
FIVE RUSHERS, ANY COVERAGE USED.
EX: 2 CINCO-WILL, 3 CINCO SAM, 4 CINCO-MIKE.
2. 6-1 BLITZ
TWO OUTSIDE LINEBACKERS WILL BLITZ. 1-BLITZ OR WING BLITZ COVERAGE.
3. WEAK BLITZ
MIKE AND WILL WILL BLITZ. 1-BLITZ OR WING BLITZ COVERAGE.
4. STRONG BLITZ
SAM AND MIKE WILL BLITZ. WING BLITZ COVERAGE.
5. WEAK SAFETY BLITZ
WEAK SAFETY WILL FREE BLITZ 0-1 HOLE, WITH KEY BLITZ COVERAGE BY SAM AND WILL.

SAM BLITZ PATHS

 <p>43</p>	 <p>OVER</p>
 <p>43</p>	 <p>OVER</p>
 <p>43</p>	 <p>OVER</p>
 <p>43</p>	 <p>OVER</p>
 <p>LOOSE</p>	 <p>UNDER</p>
 <p>LOOSE</p>	 <p>UNDER</p>
 <p>LOOSE</p>	 <p>UNDER</p>
<p>NO STRAIGHT</p>  <p>LOOSE</p>	<p>NO SID</p>  <p>UNDER</p>

WILL BLITZ PATHS

 <p>43</p>	 <p>UNDER (TAN) "CHEAT"</p>
 <p>43</p>	 <p>UNDER (TAN)</p>
 <p>43</p>	 <p>UNDER (LOOSE)</p>
 <p>43</p>	 <p>UNDER ONLY</p>
 <p>43</p>	 <p>NO STRAIGHT VS LOOSE</p>
 <p>43</p>	 <p>UNDER VS. NEAR-LOOSE ALIGNMENT</p>
 <p>OVER AND OVER LOOSE</p>	 <p>OVER AND OVER LOOSE</p>
 <p>OVER AND OVER LOOSE</p>	 <p>OVER AND OVER LOOSE</p>
 <p>OVER AND OVER LOOSE</p>	 <p>OVER AND OVER LOOSE</p>

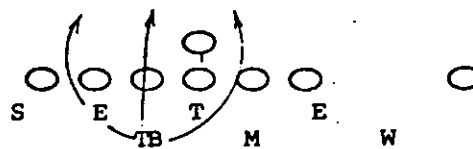
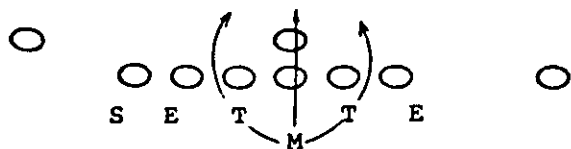
4-MAN LINE

MAX MIKE MAE

MIKE/TED BLITZ PATHS

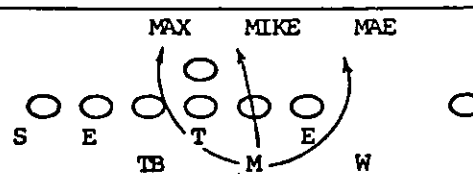
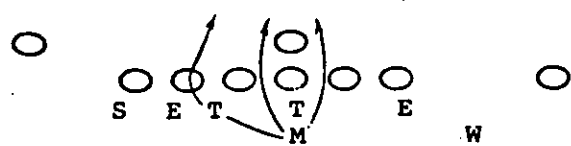
TAD TED TIM

3-MAN LINE



OVER

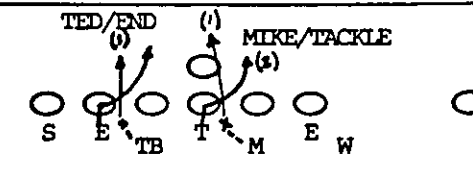
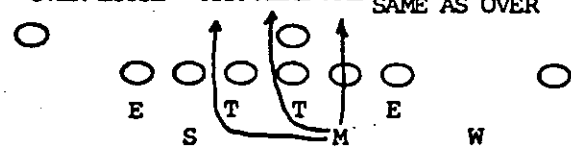
MAX MIKE MAE



OVER LOOSE

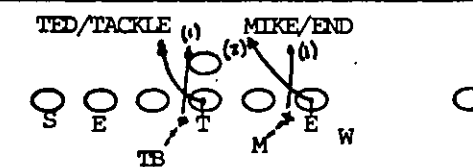
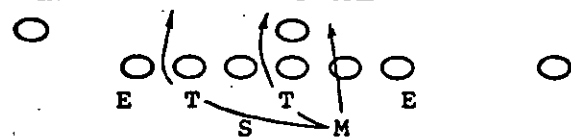
MAX MIKE MAE

SAME AS OVER



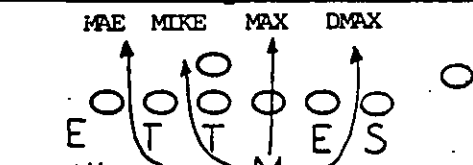
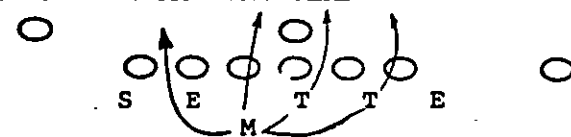
STACK

MAX MIKE MAE



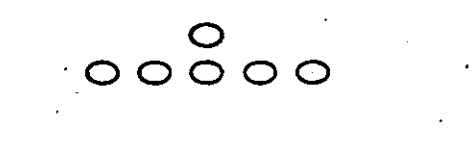
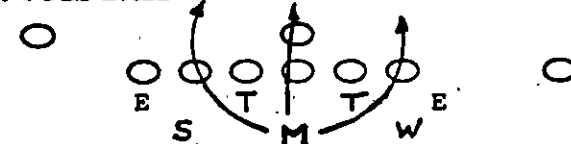
UNDER

DMAX MAX MIKE MAE



4-3 DBL LOOSE

MAX MIKE MAE

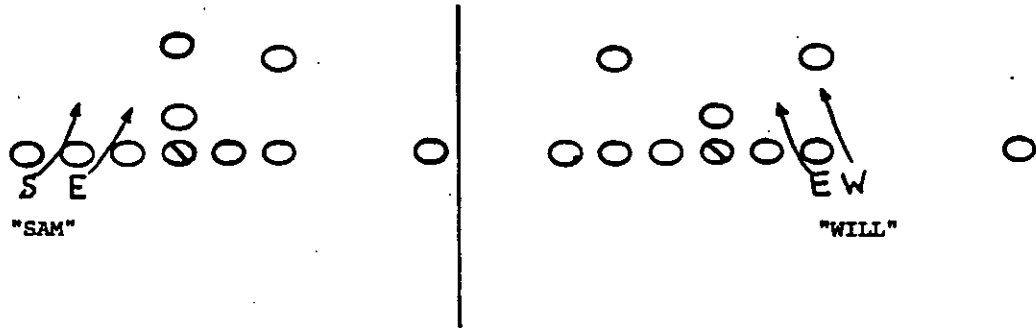


BLITZ PATHS AND TECHNIQUES

THE TECHNIQUE WE USE ON A BLITZ IS THE COORDINATION OF OUR LINEMEN AND LINEBACKERS AS TO THEIR PATH OF RUSH AND THEIR RESPONSIBILITY. THE CALL WILL BE GIVEN BY THE LINEBACKER WHEN THE ASSIGNMENT CALLS FOR HIM TO WORK TOGETHER WITH OUR DEFENSIVE LINE IN CARRYING OUT THE DEFENSE.

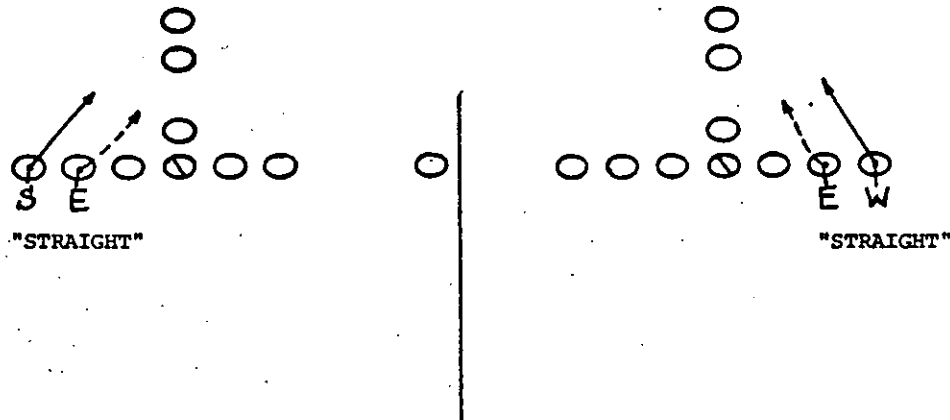
SAM/WILL TECHNIQUE

A CALL GIVEN TO DESIGNATE AN INSIDE PATH BY OUR DEFENSIVE END AND AN OUTSIDE PATH BY SAM/WILL. THE DEFENSIVE END WILL USE A "RAM" CHARGE TECHNIQUE, PENETRATING THE INSIDE OFFENSIVE GAP. HE IS RESPONSIBLE FOR THE INSIDE GAP ON RUN AND TO BREAK THE POCKET ON PASS. THE LINEBACKER WILL BE RESPONSIBLE FOR THE OUTSIDE AND WILL CONTAIN ON PASS. ON RUN, HE WILL FOLLOW THE SUPPORT PATTERN OF THE DEFENSE CALLED,



STRAIGHT TECHNIQUE (SAM VS. TE NORMAL AND WILL VS. NEAR)

A CALL GIVEN TO DESIGNATE AN INSIDE PATH BY OUR DEFENSIVE END AND AN OUTSIDE PATH BY SAM/WILL. THE DEFENSIVE END WILL FIRE "STRAIGHT" INTO THE OFFENSIVE TACKLE AND CONTROL HIM. HE HAS A TWO GAP RESPONSIBILITY VS. RUN. ON PASS, THE DEFENSIVE END RUSHES TO THE INSIDE AND BREAKS THE POCKET. SAM/WILL CHARGE "STRAIGHT" INTO TE/NEAR AND CONTROL HIM. LINEBACKERS FOLLOW THE SUPPORT PATTERN OF THE DEFENSE CALLED VS. RUN AND CONTAIN ON PASS.

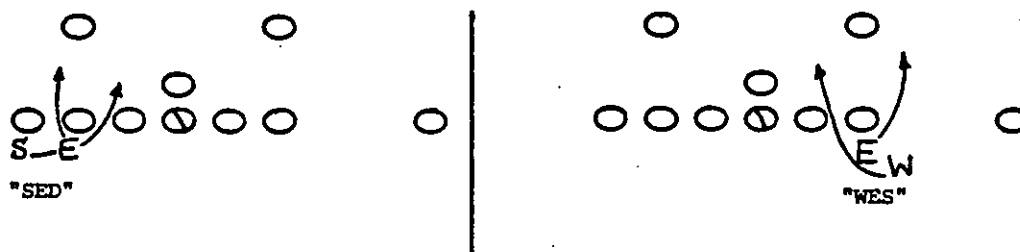


BLITZ PATHS AND TECHNIQUES cont.

SED/WES TECHNIQUE

A CALL GIVEN TO THE DEFENSIVE END DESIGNATING AN OUTSIDE PATH BY THE END AND AN INSIDE PATH BY SAM/WILL. THE DEFENSIVE END WILL CONTAIN ON BOTH RUN AND PASS. THE LINEBACKER WILL TAKE A PATH BETWEEN OUR DEFENSIVE END AND DEFENSIVE TACKLE AND WILL BE RESPONSIBLE FOR THE INSIDE HOLE ON RUN. ON A PASS, HE WILL CONTINUE INSIDE TO BREAK THE POCKET.

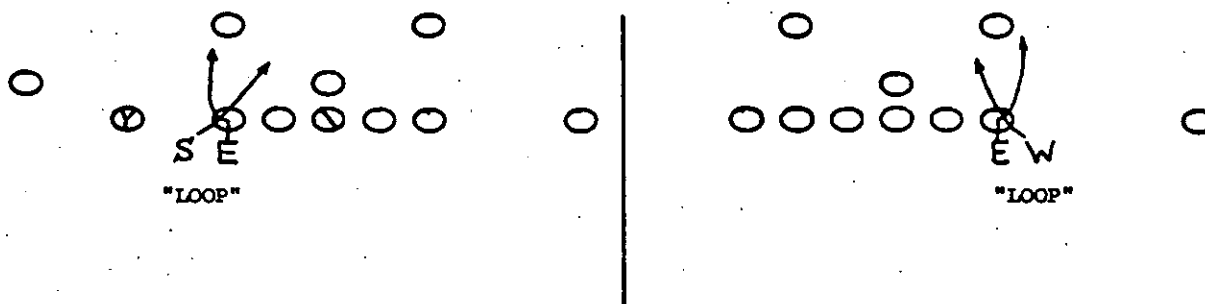
COACHING POINT: END - BE IN A POSITION TO KEY NEAR BACK AND ON-GUARD. ON SNAP, MOVE UPFIELD AND OUTSIDE THE WIDEST BLOCKER. ON RUN, GAIN OUTSIDE POSITION AND FORCE PLAY INSIDE - DRIVE PLAY DEEP AND STRING PLAY OUT TO THE SIDELINE. ON PASS - CONTAIN. VS. NASTY OR FLEX - STEP OUT INTO NEAR/TE AND DRIVE UPFIELD. YOU MUST BEAT THE DOWN BLOCK.



LOOP TECHNIQUE (WILL VS. X NORMAL AND SAM VS. TE FLEX)

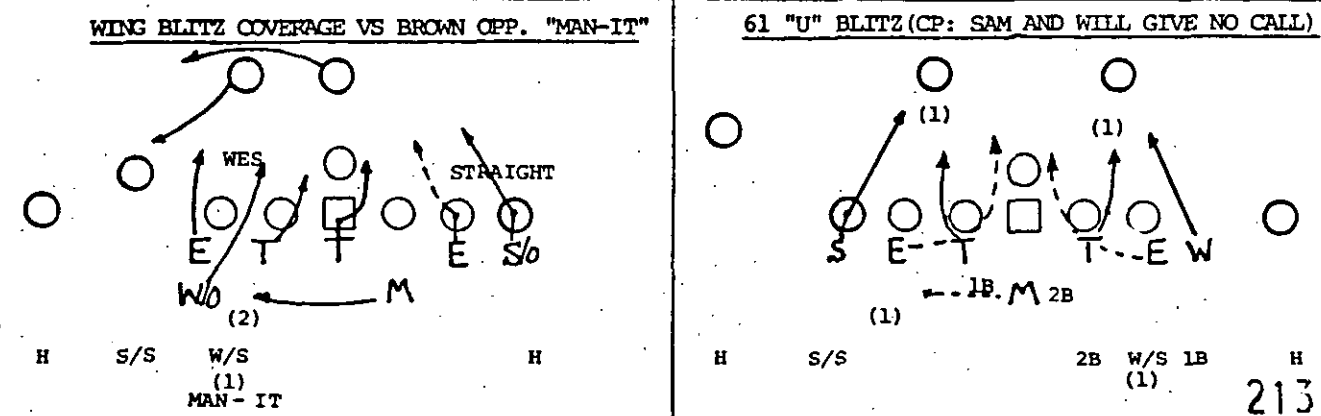
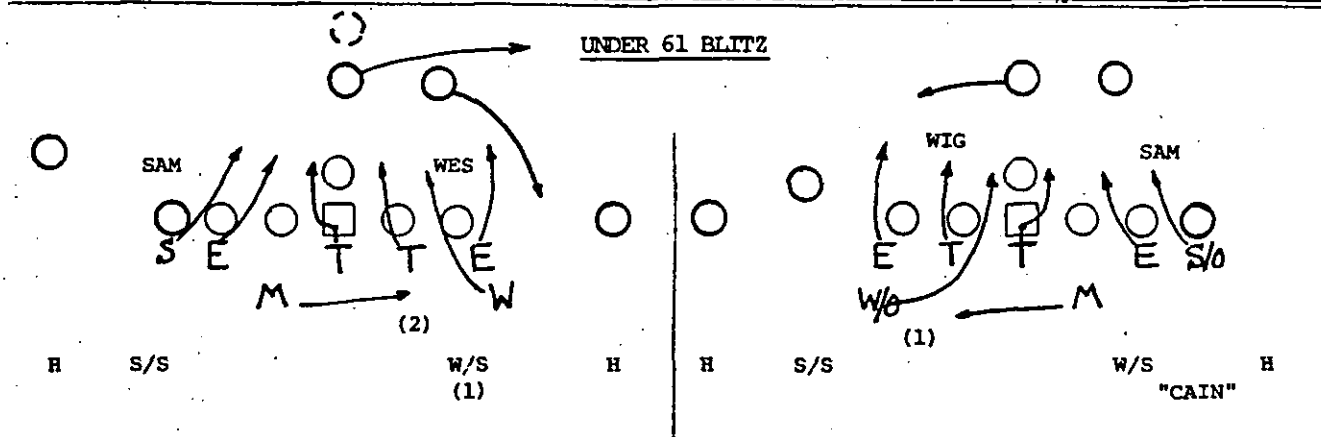
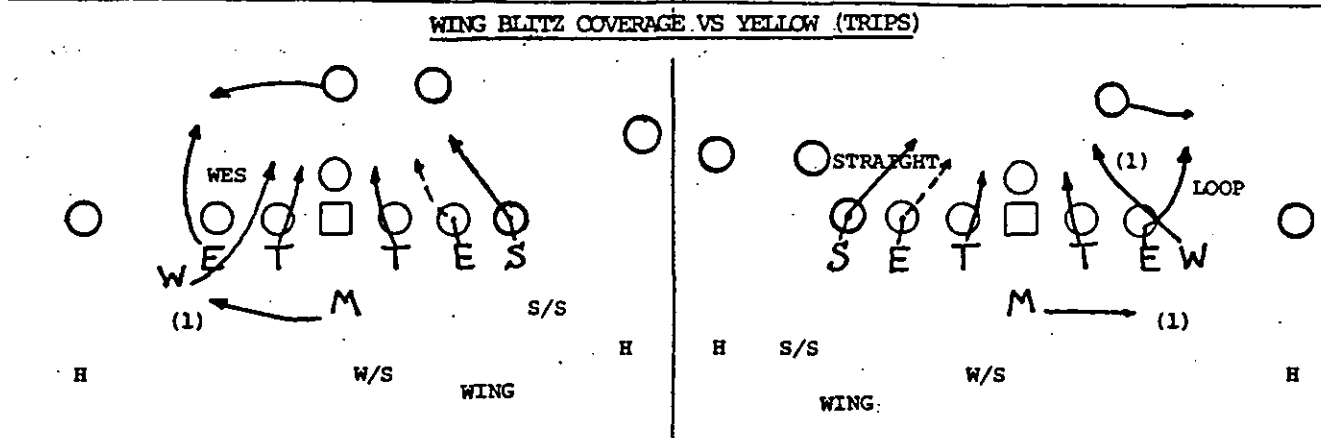
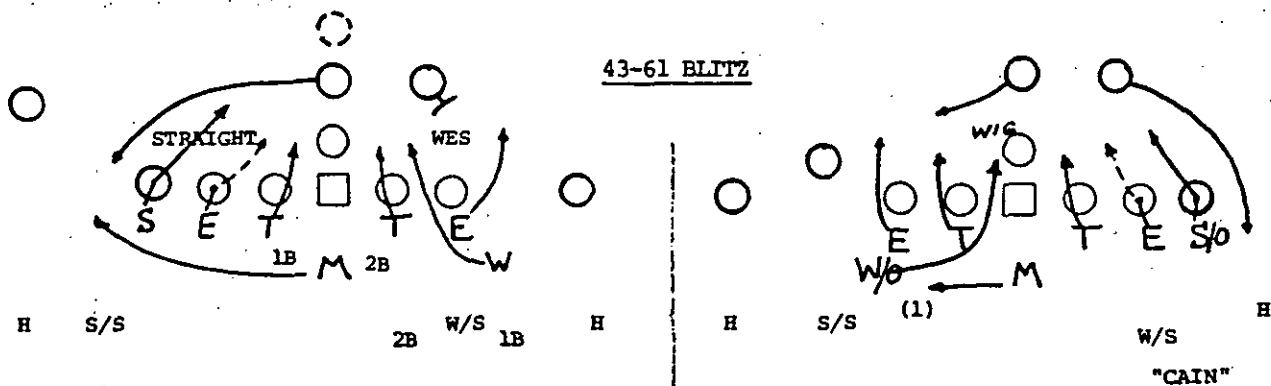
A CALL GIVEN TO THE DEFENSIVE END DESIGNATING A TWO GAP TYPE CHARGE AND AGAIN MAKING HIM RESPONSIBLE FOR CONTAIN AFTER HIS INITIAL CHARGE. ON THIS TECHNIQUE, THE LINEBACKER WILL BE ALIGNED IN THE CRACK POSITION AND WILL DRIVE HARD FROM THE OUTSIDE THROUGH THE OUTSIDE HIP OF THE OFFENSIVE TACKLE. ON PASS, HE WILL CONTINUE INSIDE TO BREAK THE POCKET.

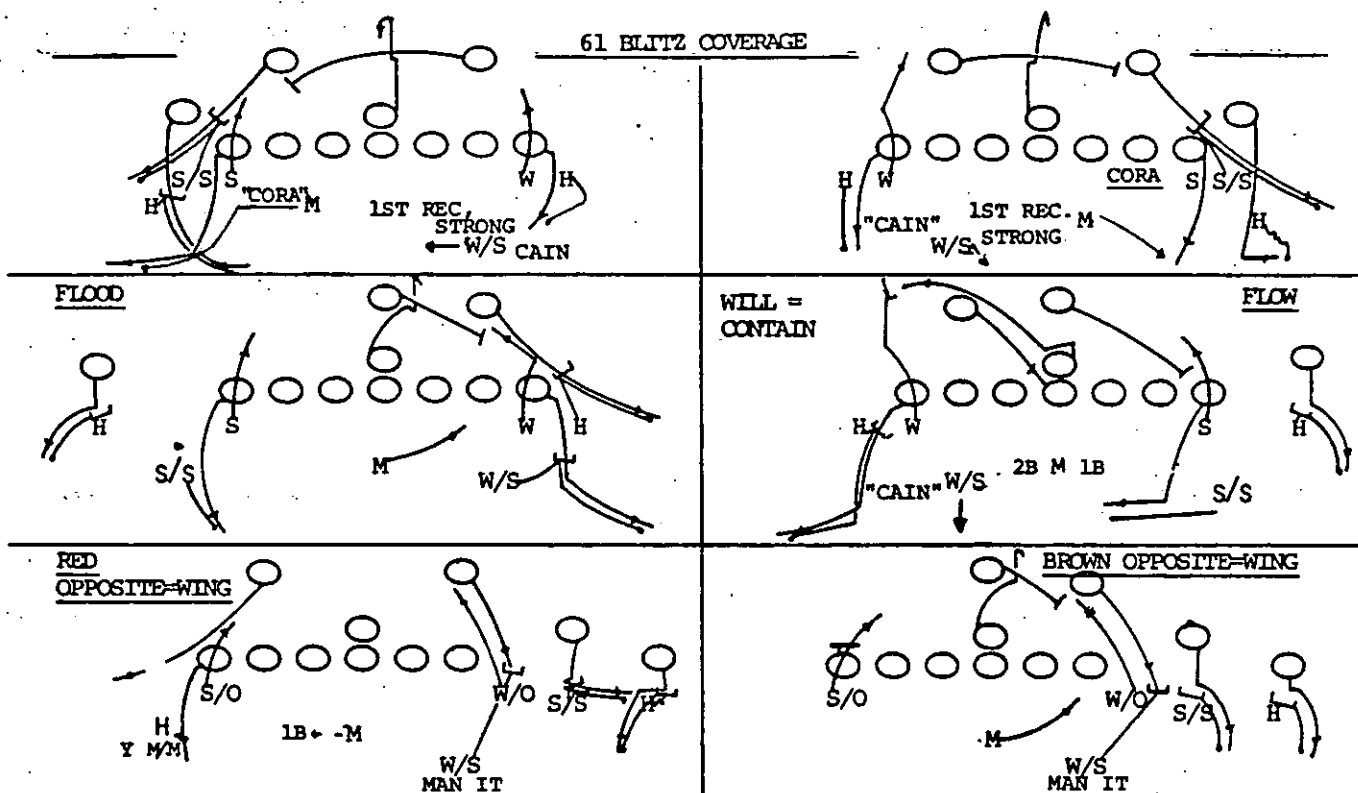
COACHING POINT: END - DRIVE QUICKLY INTO OFFENSIVE TACKLE. AS LINEBACKER CLEARS, STEP AROUND AND WORK OUT AND UPFIELD. YOUR RESPONSIBILITY AS YOU STEP AROUND WILL BE THE SAME AS DESCRIBED ABOVE IN THE SED/WES TECHNIQUE. CONTAIN ON RUN AND PASS.



POSITION	ALIGNMENT	CHARGE	RESPONSIBILITY
		<u>43-61</u>	6-1 BLITZ
SAM-S/O	HEAD ON TE	SUPPORT SAFETY FREE BLITZ	MAKE CALL: STRAIGHT-SAM-SED-SID OUTBACK VS. RUN. ON PASS=RUSH PASSER AND CONTAIN. C.P.: CAN USE SED VS. TE FLEX.
MIKE	LINE UP ON YOUR COVERAGE		STRONG BACK M/M. WING BLITZ COVERAGE - WEAK BACK M/M. VS CLOSE - CORA WITH S/S NOTE: CORA BANJO WITH S/S ON TE AND S/S BACK.
WILL-W/O	HIP OR CRACK NEAR=HEAD ON	FREE BLITZ CORNER SUPPORT	MAKE CALL: STRAIGHT-WILL-WES-WIG-LOOP WEAK SAFETY SUPPORT. VS. PASS: STRAIGHT AND WILL=CONTAIN. WES, WIG, AND LOOP=PENETRATE AND BREAK POCKET.
END TO TE SIDE	4-3	BY CALL	1. STRAIGHT-TWO GAP. 4-5 AND 6-7 HOLE. VS. PASS=INSIDE RUSH. 2. SAM-RAM CHARGE TO T/G GAP. 4-5 HOLE. PENETRATE. 3. SED-VS. TE FLEX - CONTAIN RUN AND PASS.
END AWAY FROM TE	4-3	BY CALL	1. STRAIGHT-TWO GAP. 4-5 AND 6-7 HOLD. VS. PASS=INSIDE RUSH. 2. WILL-RAM CHARGE TO T/G GAP. 4-5 HOLE. PENETRATE 3. WES/WIG-CHARGE UPFIELD AND CONTAIN. 4. LOOP-LOOP TECHNIQUE, AND CONTAIN.
TACKLE TO TE SIDE	HEAD ON OFFENSIVE GUARD	SPIKE CHARGE THRU IN- SIDE SHOULDER OF OG	SEAL INSIDE - LOCATE BALL. AUTOMATIC TOM OR TOMMY GAME VS. PASS.
TACKLE AWAY FROM TE	HEAD ON OFFENSIVE GUARD	SPIKE CHARGE THRU INSIDE SHOUL- DER OF OG	SEAL INSIDE - LOCATE BALL. AUTOMATIC TOM OR TOMMY GAME VS. PASS. C.P.: MUST KNOW "WIG" - CHARGE THROUGH OUTSIDE OF GUARD.

POSITION	ALIGNMENT	CHARGE	RESPONSIBILITY
		<u>UNDER 61</u>	C.P. VS. NEAR= UNDER LOOSE
SAM-S/O	UNDER	FREE BLITZ	SAME AS 43-61 BLITZ
MIKE	UNDER	—	SAME AS 43-61 BLITZ
WILL-W/O	1. TAN 2. HIP	FREE BLITZ	SAME AS 43-61 BLITZ C.P.: WIG ON PASS DOWN
END AWAY FROM TE	UNDER	BY CALL	SAME AS 43-61 BLITZ
END TO TE SIDE (TWO GAP END)	UNDER	BY CALL	SAME AS 43-61 BLITZ
TACKLE AWAY FROM TE	UNDER	—	SAME AS 43-61 BLITZ
NOSE TACKLE 212	CENTER	TWO GAP TO C/G GAP	2-3 HOLE. VS. PASS = BREAK POCKET.





POSITION	ALIGNMENT	KEYS	RESPONSIBILITIES
MIKE	ACCORDING TO FRONT OR FORMATION	T.E.	<ol style="list-style-type: none"> 1. IN FIELD - SB M/M. 2. GO AWAY FROM W/S ON WING. 3. CLOSE OR TOUGH TERRITORY - IN/OUT WITH S/S ON T.E. AND SB (CORA).
S/HB	BUMP AND RUN OR SHADE INSIDE WING	KEY WING SAF. SUPPORT	WING M/M. C.P.: CLOSE WING WILL STAY SAFETY SUPPORT. BE DEEPER AND SHADE OUTSIDE WING. IF HE BLOCKS, SUPPORT OUTSIDE IN.
S/S	SHADE OUTSIDE TE. IF FLEX, HEAD UP. MORE THAN 3 YDS. NO IN/OUT W/MIKE.	"A" KEY SAF. SUPPORT	<ol style="list-style-type: none"> 1. IN FIELD - T.E. M/M. 2. LISTEN FOR WING CALL. 3. CLOSE OR TOUGH TERRITORY IN/OUT WITH MIKE ON T.E. AND S.B. (CORA).
W/S	1. BE IN POSITION TO SUPPORT WS ON BROWN,	"A" KEY W/S SUPPORT. WB M/M SEE BOTH BACKS ON BROWN AND I.	1. WB M/M-CONTAIN ON SWEEP.
	2. NEAR, SHADE INSIDE NEAR	CORNER SUPPORT	2. IN/OUT WITH HB ON NEAR AND WB. NEAR BLOCKS, SCRAPE AND FILL INSIDE W/HB. (SUPPORT ON BULLET).
	3. YELLOW, BR. OPP. OVER CENTER.		<ol style="list-style-type: none"> 3. IN/OUT WITH S/S OR T.E., SB. 4. BR. OPP = WING (MAN).
W/HB	1. SHADE INSIDE "X" (B & R)	1. W/S SUP-PORT. KEY "X"	1. "X" M/M.
	2. NEAR, SHADE OUTSIDE NEAR ON LOS.	2. CORNER SUPPORT "A" KEY	<ol style="list-style-type: none"> 2. CAIN VS. NEAR. 3. WING COVERAGE VS NEAR = NEAR M/M OR CORA CALL WITH MIKE.

POSITION ALIGNMENT KEY 43 WEAK BLITZ RESPONSIBILITY 4-3/OVER WEAK BLITZ

SAM-S/O	HEAD ON TIGHT END	BACKER OR SAFETY SUPPORT	FIRST BACK STRONGSIDE M/M.
MIKE	43	FREE BLITZ	CALL: MAX, MAE, MIKE/TACKLE. C.P.: KNOW BLOCKING 1. MAX-GAME WITH S/S TACKLE. PATTERN. M/M OR AREA. 2. MAE-GAME WITH W/S TACKLE. 3. M/T-GAME WITH EITHER TACKLE (PASS ONLY.)
WILL-W/O	HIP OR CRACK	WEAK SAFETY SUPPORT	FREE BLITZ WILL, WES, WIG, LOOP. STRAIGHT (VS. NEAR) WEAK SAFETY SUPPORT. VS. PASS-WILL AND STRAIGHT - CONTAIN.
	NEAR	CORNER	WES, WIG, AND LOOP - BREAK POCKET.
END TO TIGHT END	43	UP FIELD	6/7 HOLE. BEAT TE'S BLOCK. ON PASS, CONTAIN. MUST RUSH OUTSIDE AND UPFIELD.
END AWAY FROM TE	43	BY CALL	1. STRAIGHT-TWO GAP 4-5 AND 6-7 HOLE. VS. PASS-INSIDE RUSH. 2. WILL-RAM CHARGE TO T/G GAP. 4-5 HOLE. PENETRATE. 3. WES/WIG-CHARGE UPFIELD AND CONTAIN. 2B 4. LOOP-LOOP TECHNIQUE. 2B COVERAGE.
GAMING TACKLE	43	CROSS HANDS CENTER/OG GAP	MAX-S/S TACKLE. BREAK POCKET. MAE-W/S TACKLE. BREAK POCKET. C.P.: KNOW BLOCKING PATTERN M/M OR AREA.
TWO GAP TACKLE	43	QUICK CONTROLLED CHARGE INTO GUARD	TWO GAP-CONTROL GUARD. CHECK DRAW, ON PASS-RUSH INSIDE. C.P.: MUST KNOW "WIG" - CHARGE THROUGH OUTSIDE SHOULDER OF GUARD.

POSITION ALIGNMENT KEY OVER WEAK BLITZ RESPONSIBILITY

SAM-S/O		SAME AS 4-3	WEAK BLITZ
MIKE	OVER	FREE BLITZ	CALL: MIKE, MAX, MAE, MIKE/TACKLE. 1. MIKE-GAME WITH NOSE TACKLE. CENTER-OG GAP. 2. MAX-GAME WITH BOTH TACKLES. OT/OG GAP. 3. MAE-STRAIGHT OVER OG. 4. M/T-GAME WITH NOSE. C.P.: KNOW M/M OR AREA.
WILL-W/O		SAME AS 4-3	WEAK BLITZ C.P.: NO WIG CALL.
OVER END		SAME AS S/S	END ON 4-3 WEAK BLITZ
TWO GAP END		SAME AS W/S	END ON 4-3 WEAK BLITZ
OVER TACKLE	OVER	1. ENGAGE 2. CEN/OG GAP	1. MIKE/MAE-TWO GAP CONTROL GUARD. CHECK DRAW; ON PASS- RUSH INSIDE. C.P.: OG BLOCKS DOWN-BREAK POCKET. 2. MAX-CROSS HANDS CHARGE TO CENTER/OG GAP.
NOSE 215	OVER	CROSS HANDS CEN/OG GAP	1. MIKE/MAX-CEN/OG GAP. KEY GUARD FOR WIPE GAME, BREAK POCKET. 2. MAE-TWO GAP TO C/G GAP. 3. MIKE/TACKLE-KNOW M/M OR AREA BLOCKING.

43 W

S E T M T E W

MAX WES 2B

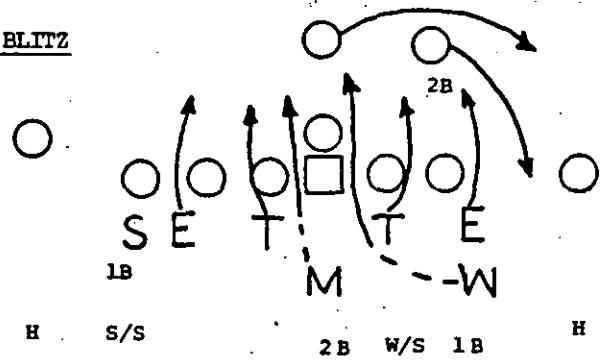
H S/S

W M/M 2B W/S 1B H

i/TEC X M/M

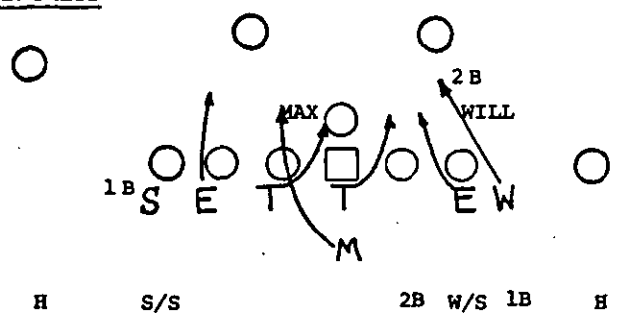
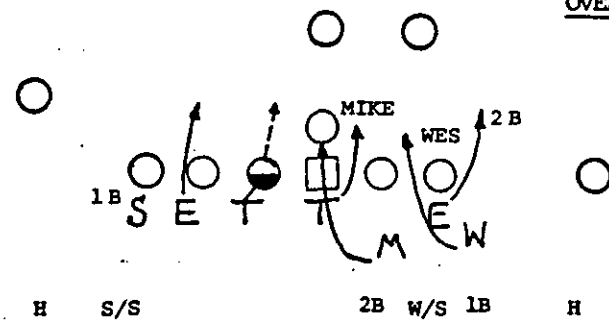
TAKE AW i CUT i/TEC

TAKE AW i CUT



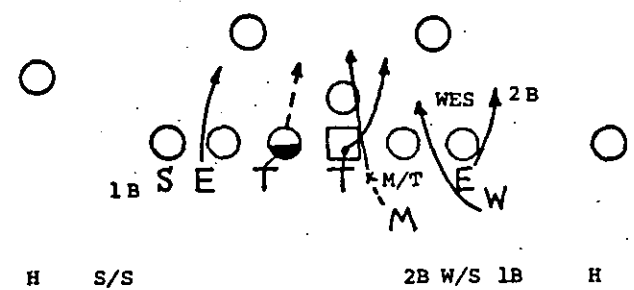
The diagram illustrates the wing coverage for two types of aircraft: S/S (S/S WING) and W/S (W/S). It shows the relative positions of the wings and the coverage area. The S/S wing is shown with a straight line indicating the coverage area, while the W/S wing is shown with a curved line indicating the coverage area. The diagram also includes labels for the wings (S/S, W/S) and the coverage area (WING COVERAGE).

OVER WEAK BLITZ



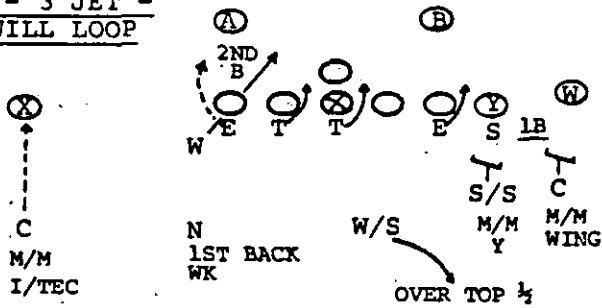
1B S/O E T MIRE M LOOP E W/O 2B H

2B W/S 1B S/S

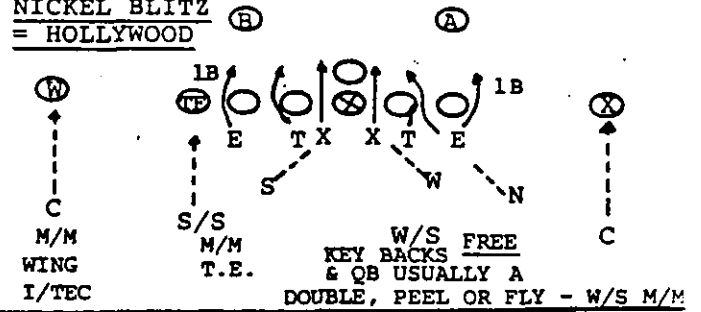


NICKEL BLITZES

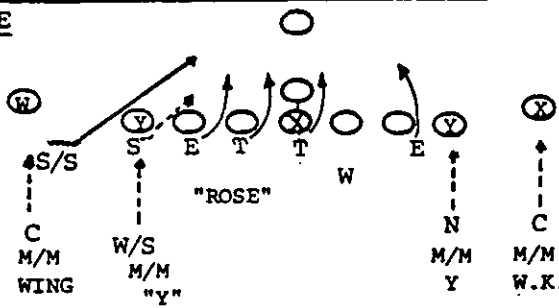
5¢ - 3 JET - 1 WILL LOOP



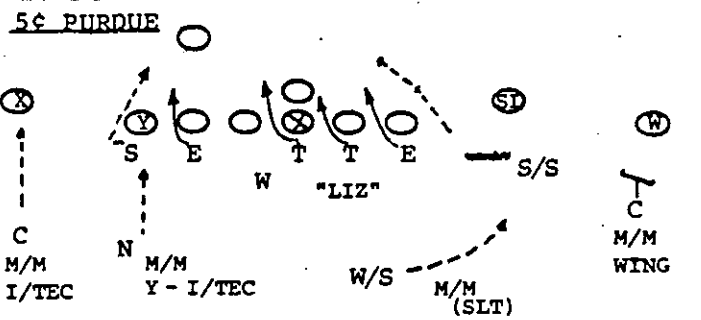
NICKEL BLITZ = HOLLYWOOD



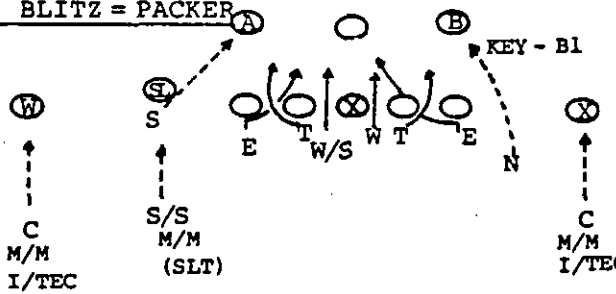
PURDUE



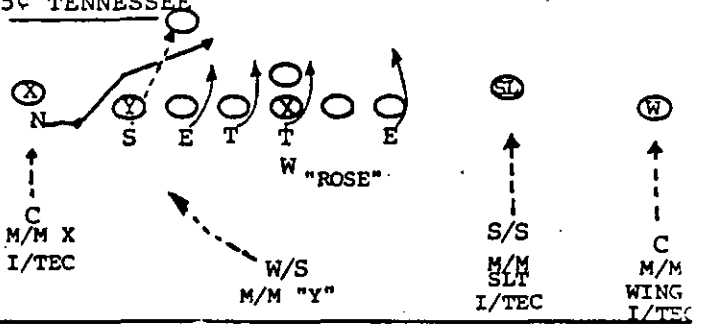
5¢ PURDUE



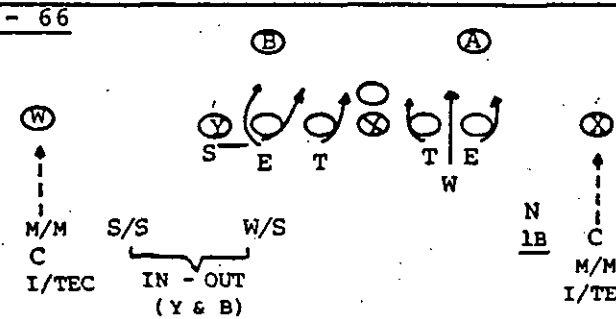
5¢ BLITZ = PACKER



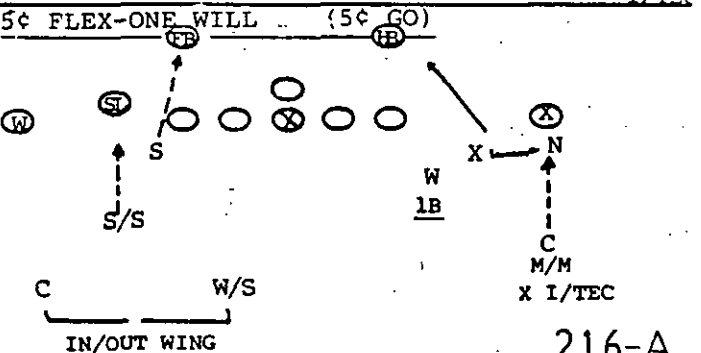
5¢ TENNESSEE



N - 66

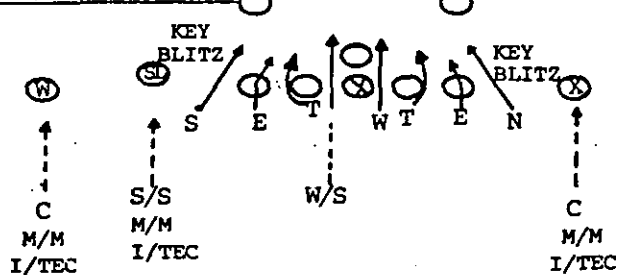


5¢ FLEX-ONE WILL (5¢ GO)

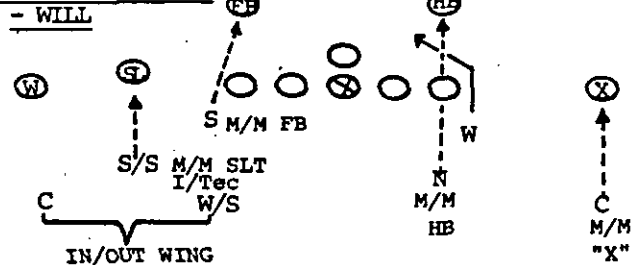


NICKEL BLITZES

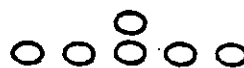
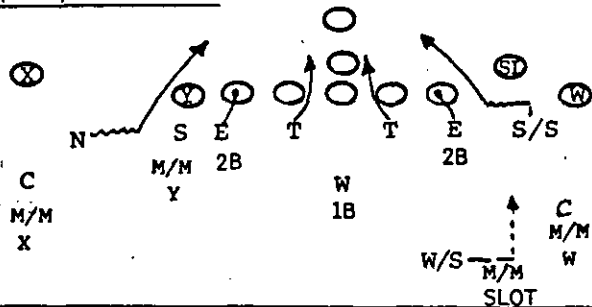
N - W/S BLITZ VS SLOP



NICKEL FLEX ONE



5¢ (10¢) KENTUCKY



CINCO BLITZ COVERAGE

CINCO WILL BE OUR CALL TO RUSH ANY ONE LINEBACKER WITH OUR FOUR DEFENSIVE LINEMEN. THE LINEBACKER AND HIS RUSH PATH WILL BE DESIGNATED BY NAME. OUR FIVE RUSHERS AND FOUR DEFENSIVE BACKS WILL PLAY THE DEFENSE CALLED WITH ANY NECESSARY COVERAGE ADJUSTMENTS BEING MADE BY THE REMAINING TWO BACKERS.

OUR COVERAGES WILL BE:

1 = BLITZ COVERAGE

2 = ONE RIP

3 = WING

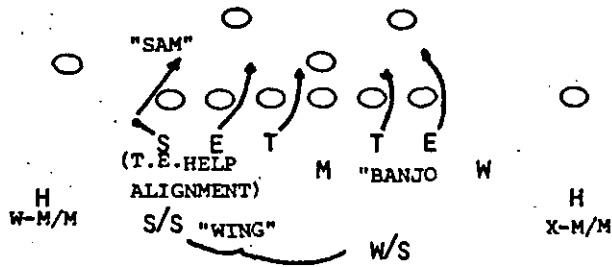
4 = SPLIT RIP

COMBO = FREE

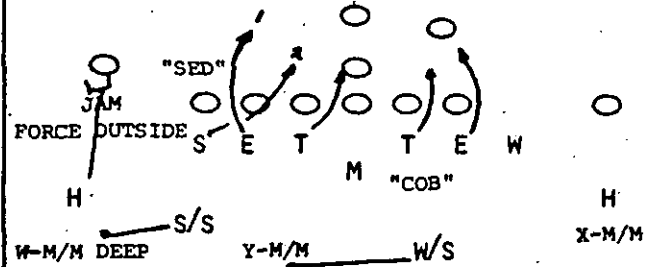
THUMBS = DX

4-3 CINCO

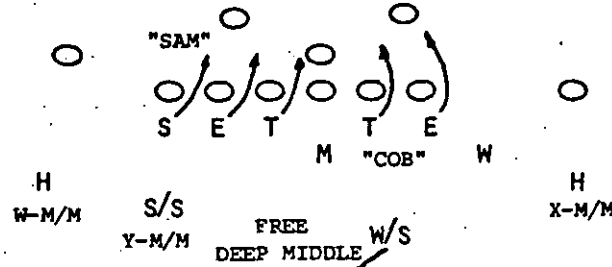
THREE CINCO SAM



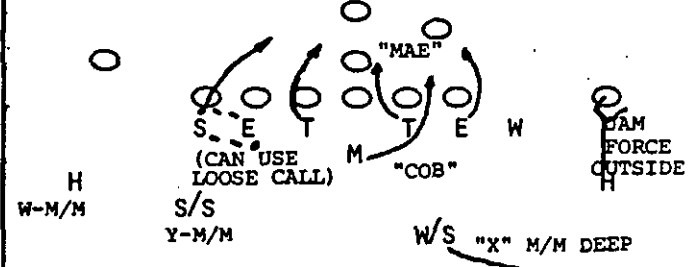
FOUR CINCO SAM



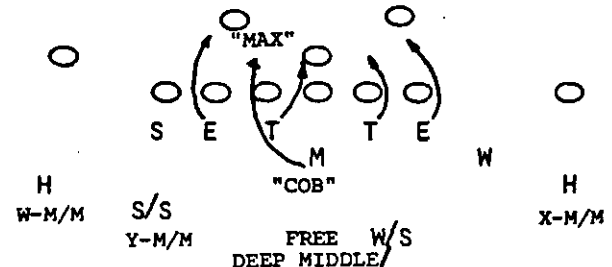
COMBO CINCO SAM



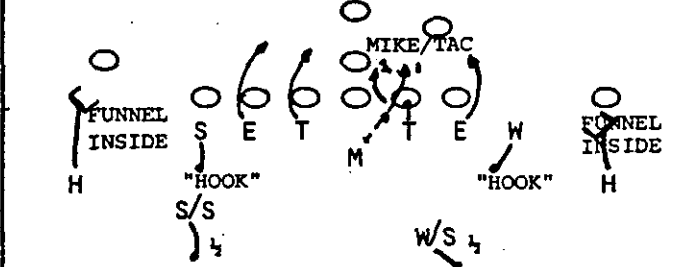
TWO CINCO MIKE



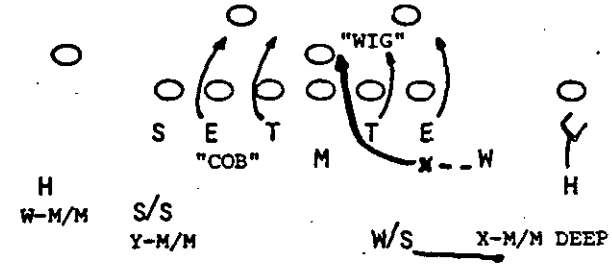
COMBO CINCO MIKE



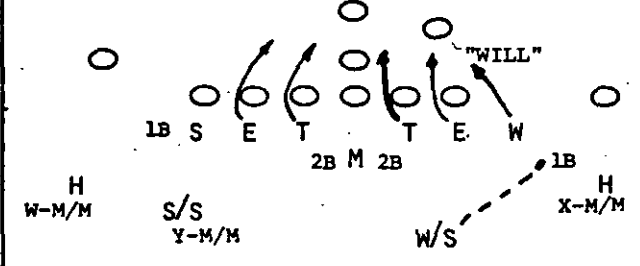
THUMB CINCO MIKE



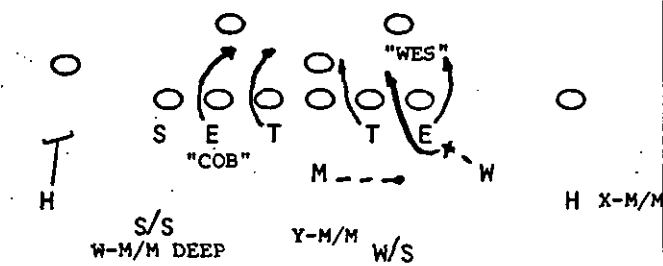
TWO CINCO WILL



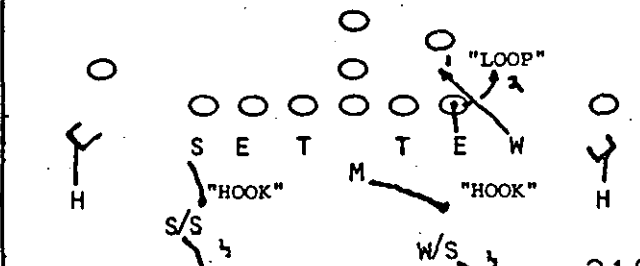
ONE CINCO WILL



FOUR CINCO WILL

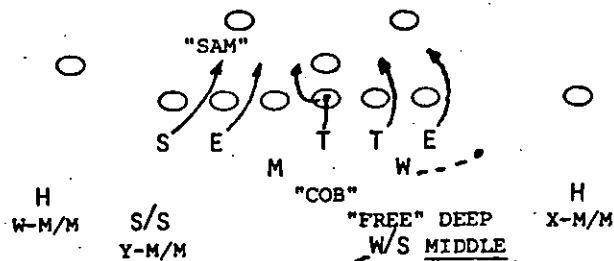


THUMB CINCO WILL

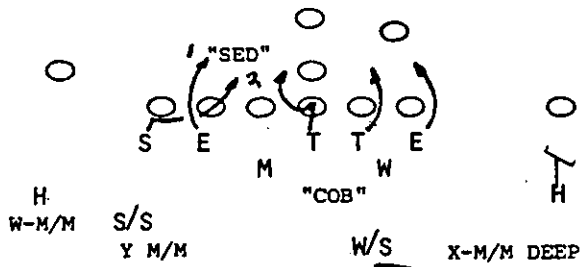


UNDER CINCO

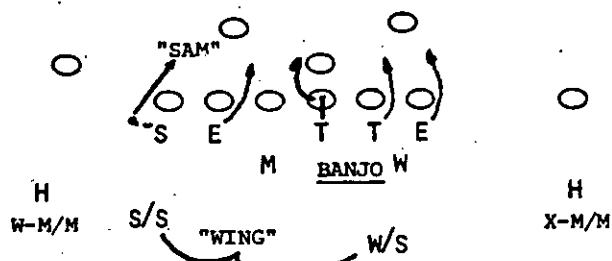
COMBO CINCO SAM



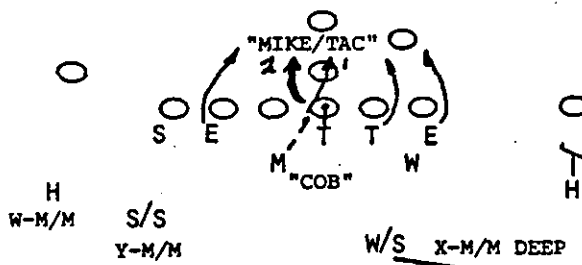
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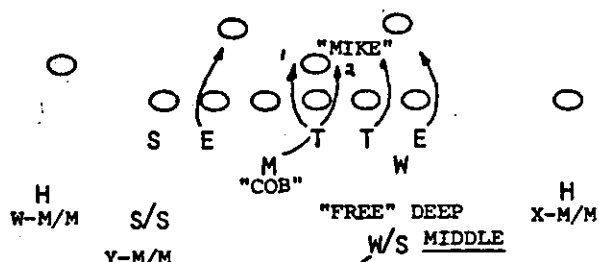
THREE CINCO SAM



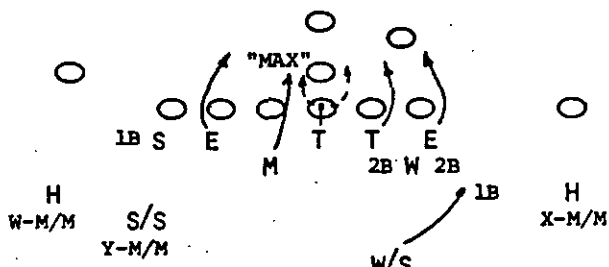
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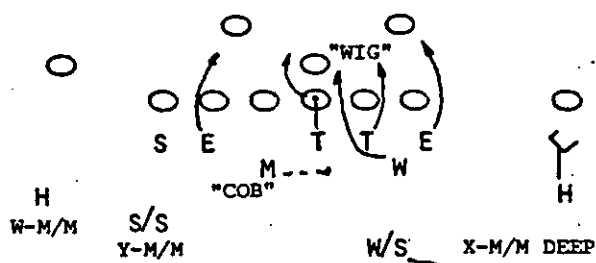
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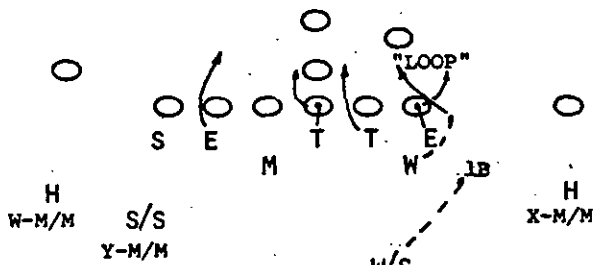
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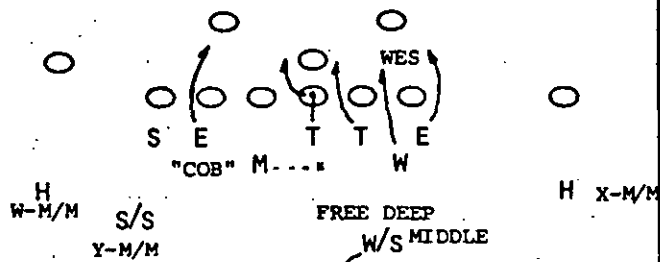
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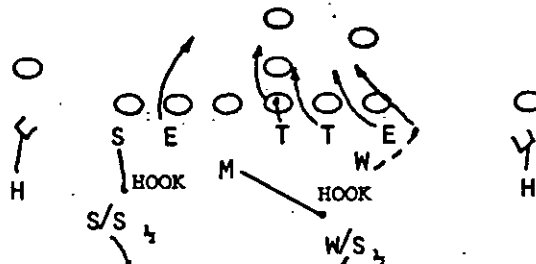
ONE CINCO WILL



COMBO CINCO WILL

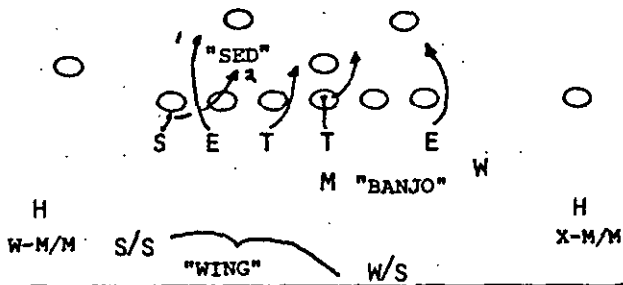


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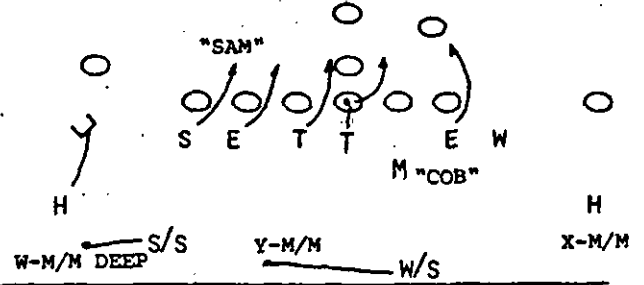


OVER CINCO

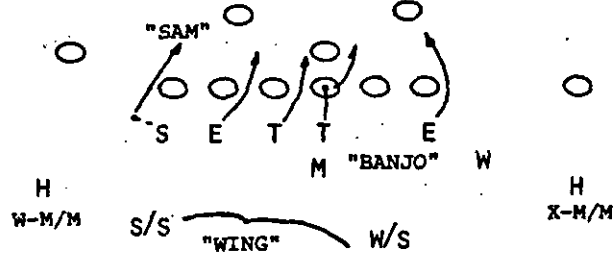
THREE CINCO SAM



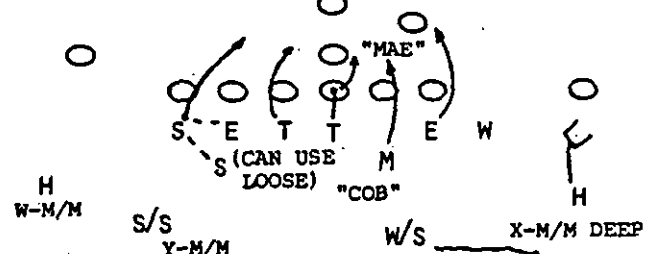
FOUR CINCO SAM



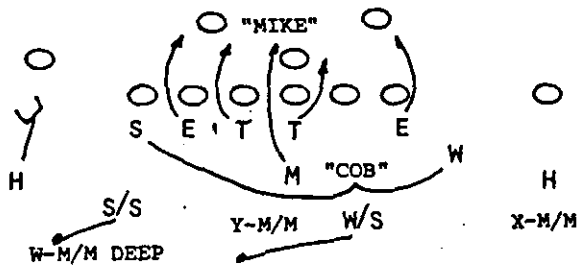
THREE CINCO SAM



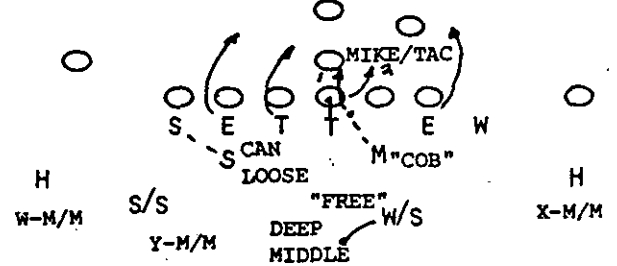
TWO CINCO MIKE



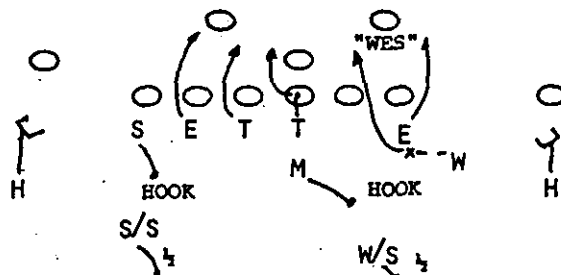
FOUR CINCO MIKE



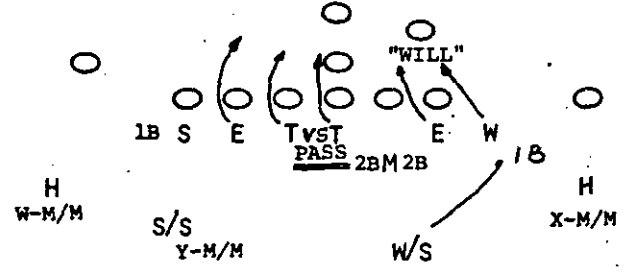
COMBO CINCO MIKE



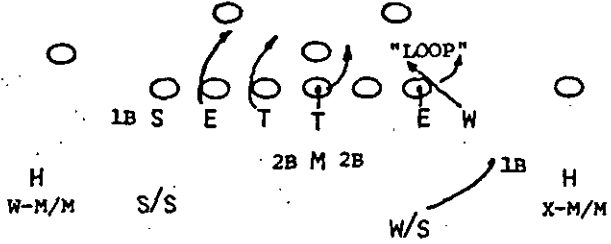
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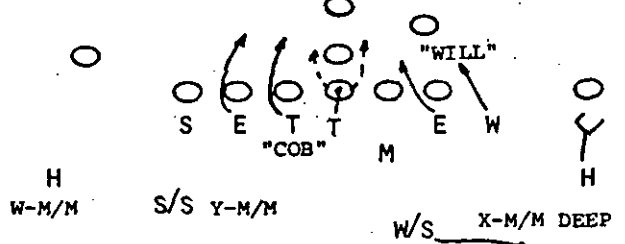
ONE CINCO WILL



ONE CINCO WILL

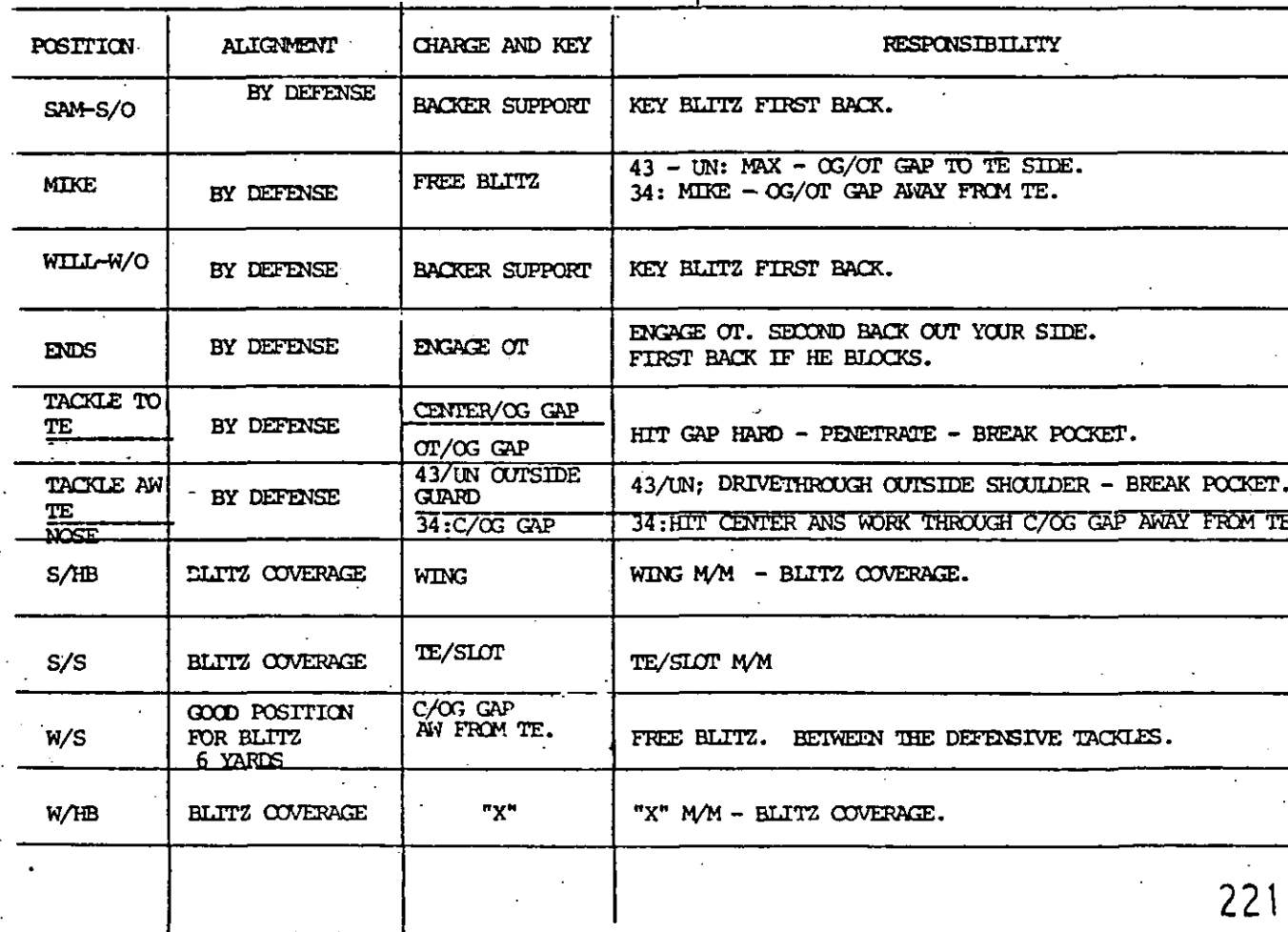


TWO CINCO WILL



BLITZ LIST

1. BURN
2. SHOW
3. 66
4. W/S BLITZ
5. SPEAR
6. PURDUE
7. TENNESSEE
8. 2 CINCO, WILL
9. POPEYE, BEAR
10. CINCO SAM 1, 2 EXCHANGE
11. 3 - BLACK, WHITE
12. NICKEL WILL (N - GO)
13. NICKEL SLOT 1 - WES
14. 2 CINCO SAM (S/S GO)
15. KENTUCKY
16. COWBOY - (MIKE BLITZ)
17. HAMMER



INTRODUCTION TO NICKEL & DIME DEFENSES

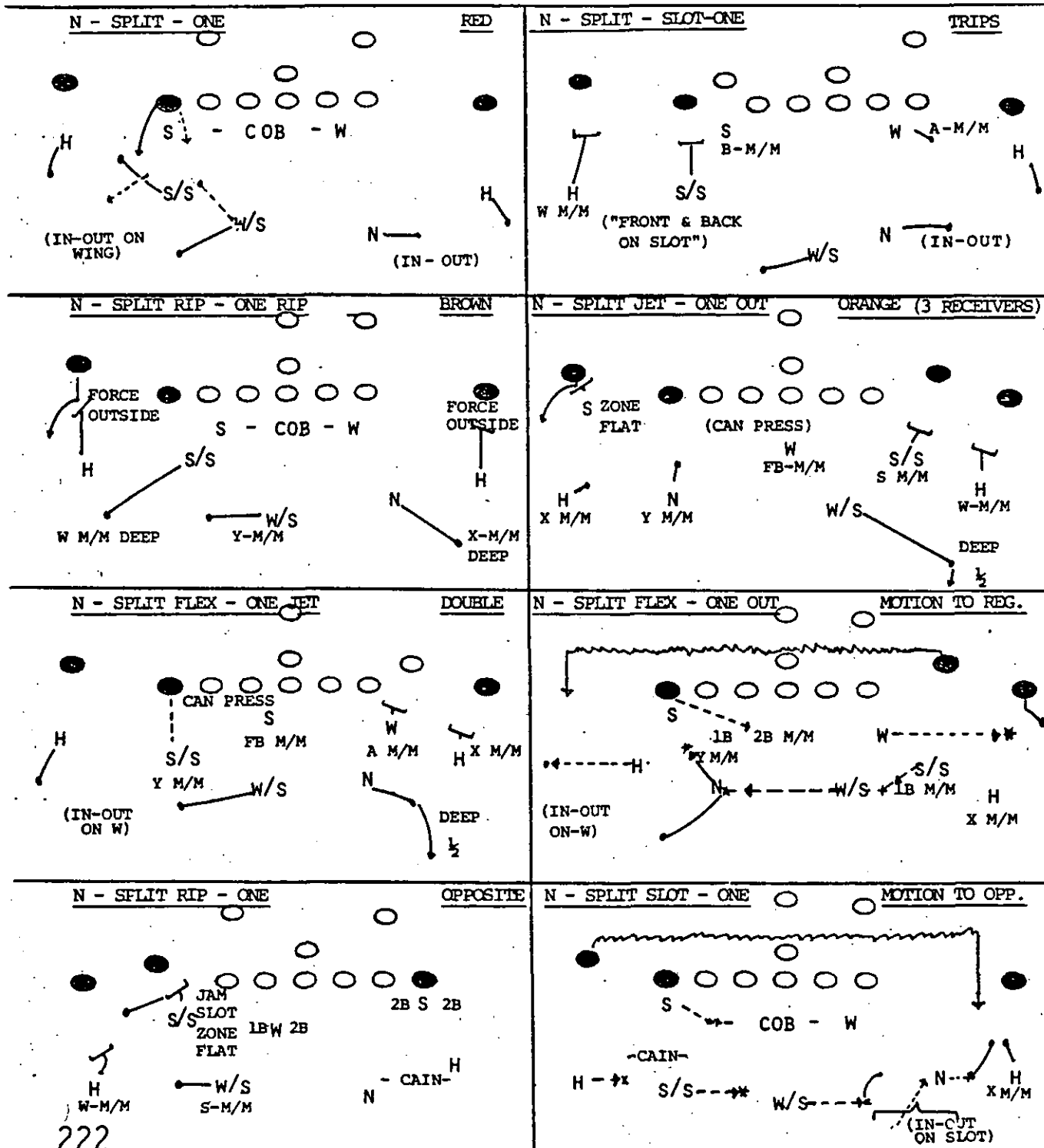
OUR NICKEL DEFENSE IS DESIGNED TO LET US COVER THE STRONG AND WEAK SIDE OF THE FORMATION WITH THE BEST POSSIBLE COVERAGE: EXAMPLE: SPLIT - ONE RIP. THE NICKEL MAN WILL LINE UP AT THE WEAK SIDE, WEAK SAFETY SPOT. SHOULD THE FORMATION CHANGE IN ANY WAY BY SHIFT, MOTION, ETC., OUR ADJUSTMENT WILL BE TO SLIDE WITH THE CHANGE. THIS MAKES IT VERY IMPORTANT THAT ALL DEFENSIVE BACKS KNOW ALL FIVE COVERAGE POSITIONS. ALL NORMAL COVERAGE AND SUPPORT RULES APPLY AS USUAL.

TO ALLOW MORE FLEXIBILITY AND TO GET THE BEST POSSIBLE PASS RUSH FRONT, ALL FRONTS AND COVERAGES WILL BE USED INDEPENDENT OF EACH OTHER. OUR TWO LINEBACKERS WILL MAKE ALL NECESSARY COVERAGE ADJUSTMENTS AND RECOGNIZE AND ADJUST TO THE FRONTS AS THEY DEVELOP.

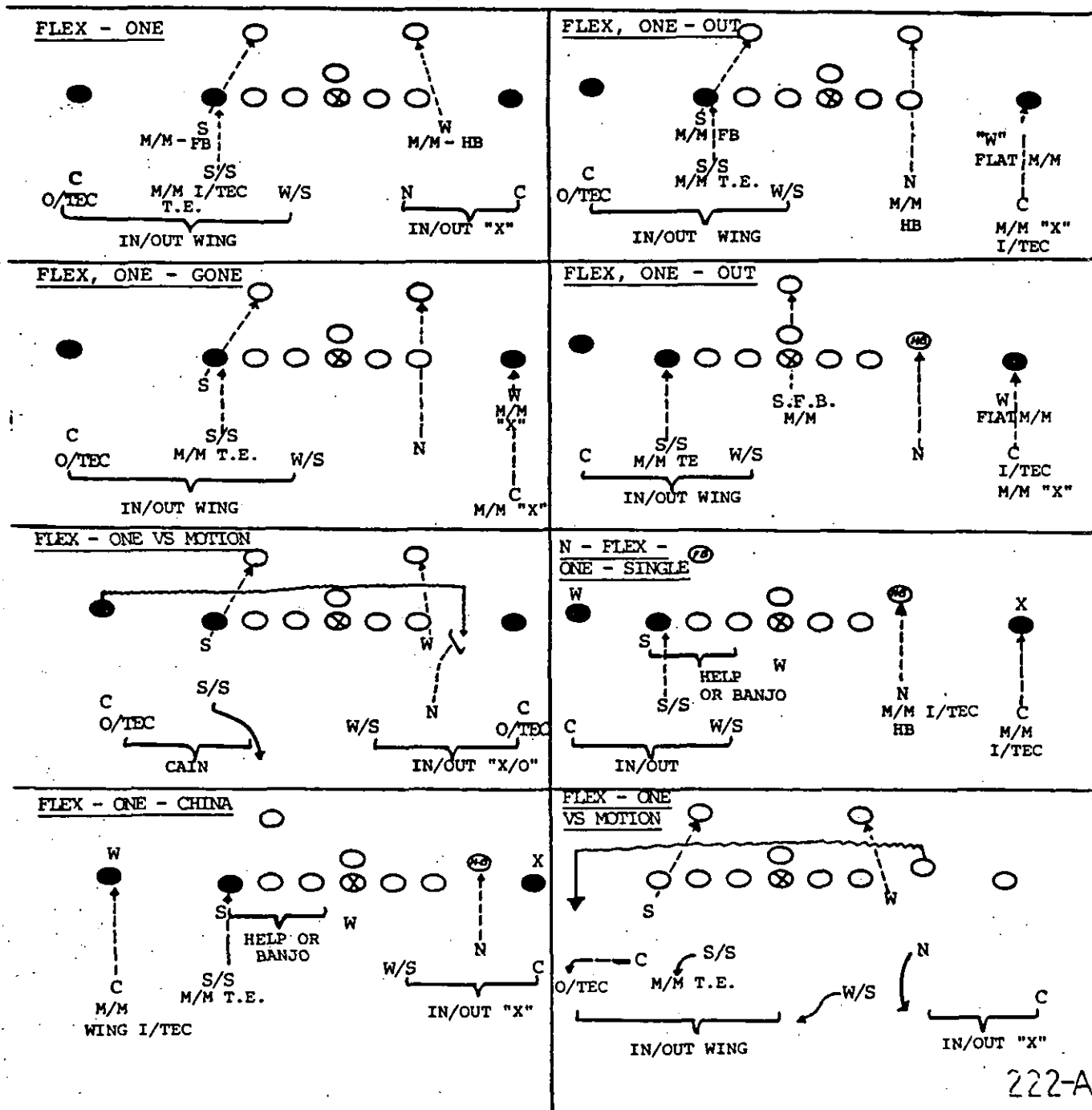
DIME - THE DIME DEFENSE IS OUR NICKEL DEFENSE WITH A 6TH DEFENSIVE BACK PLAYING ONE OF THE LINEBACKER'S POSITIONS.

REMEMBER - WHEN WE'RE PLAYING NICKEL, WE HAVE OUR OPPONENT PLAYING OUR GAME. WE WILL NOT WORRY ABOUT FORMATION OR PERSONNEL ADJUSTMENTS FOR THEY WILL BE MADE AS THE SITUATIONS CHANGE.

43 NICKEL SPLIT - ONE

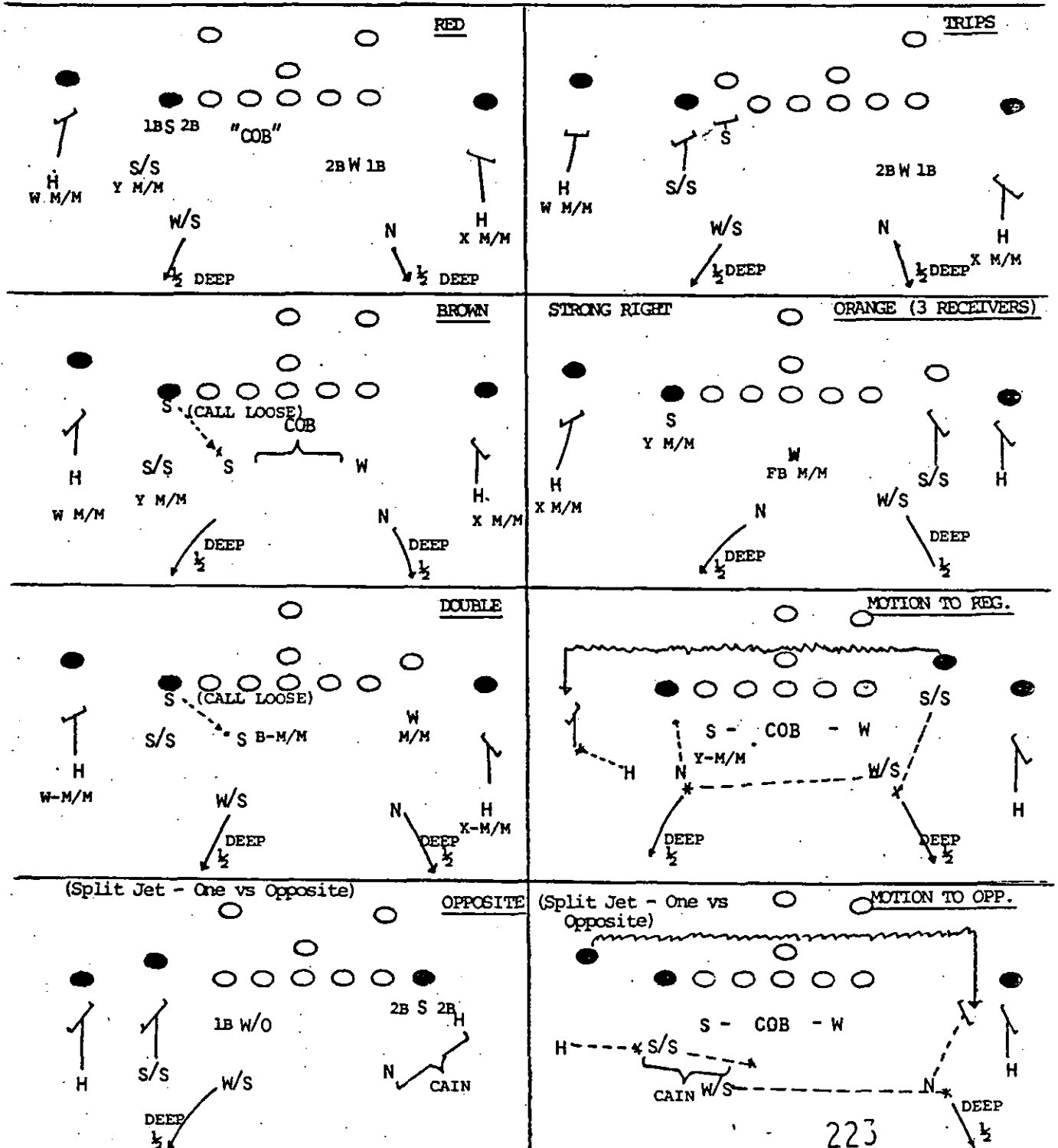


NICKEL FLEX - 1, OUT, GONE

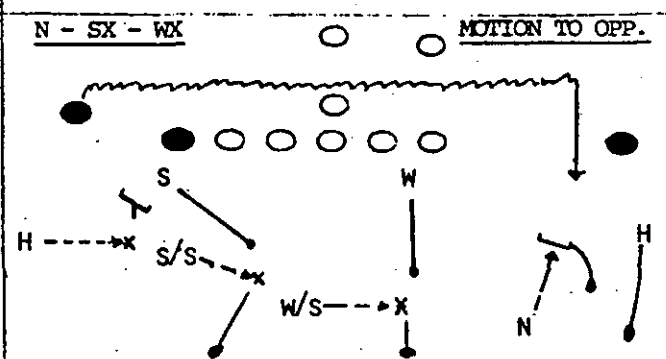
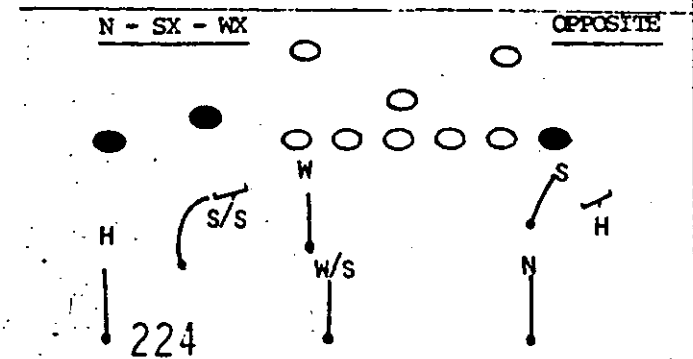
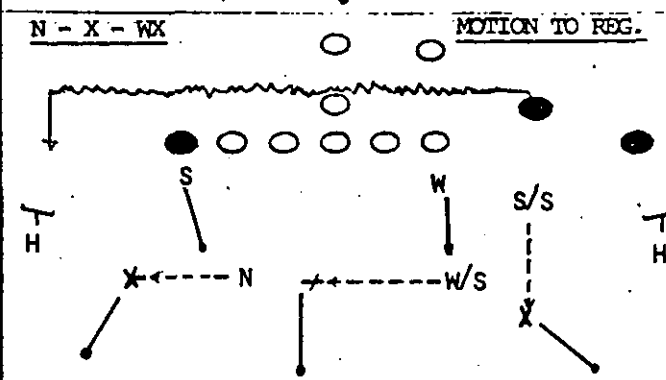
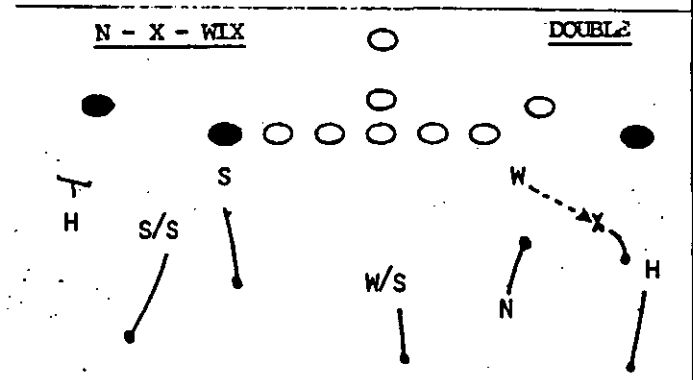
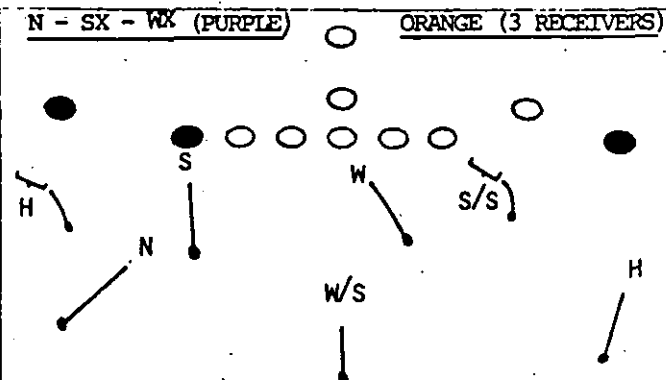
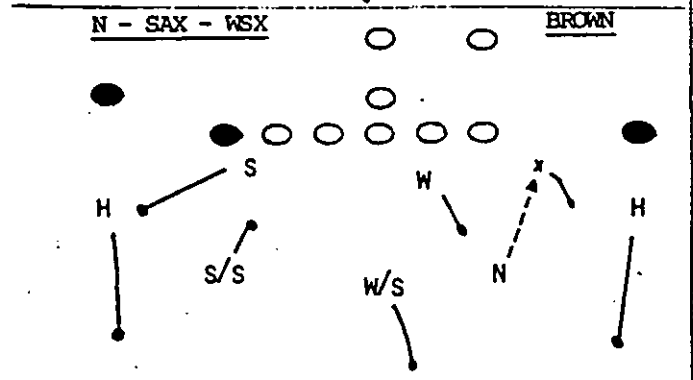
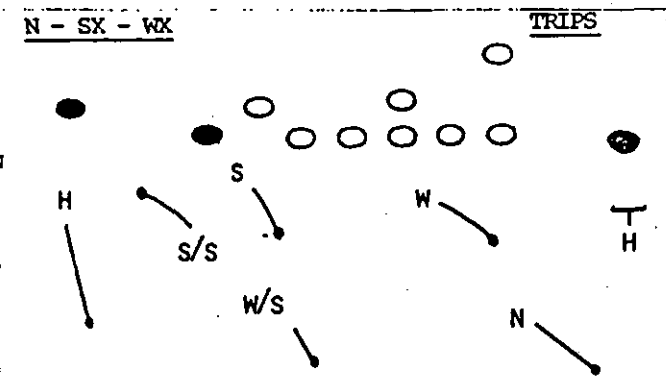
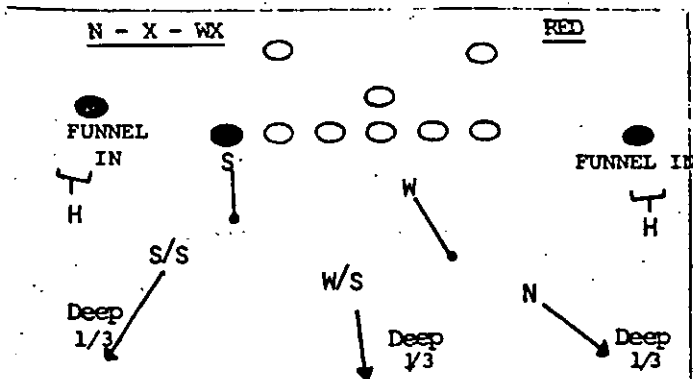


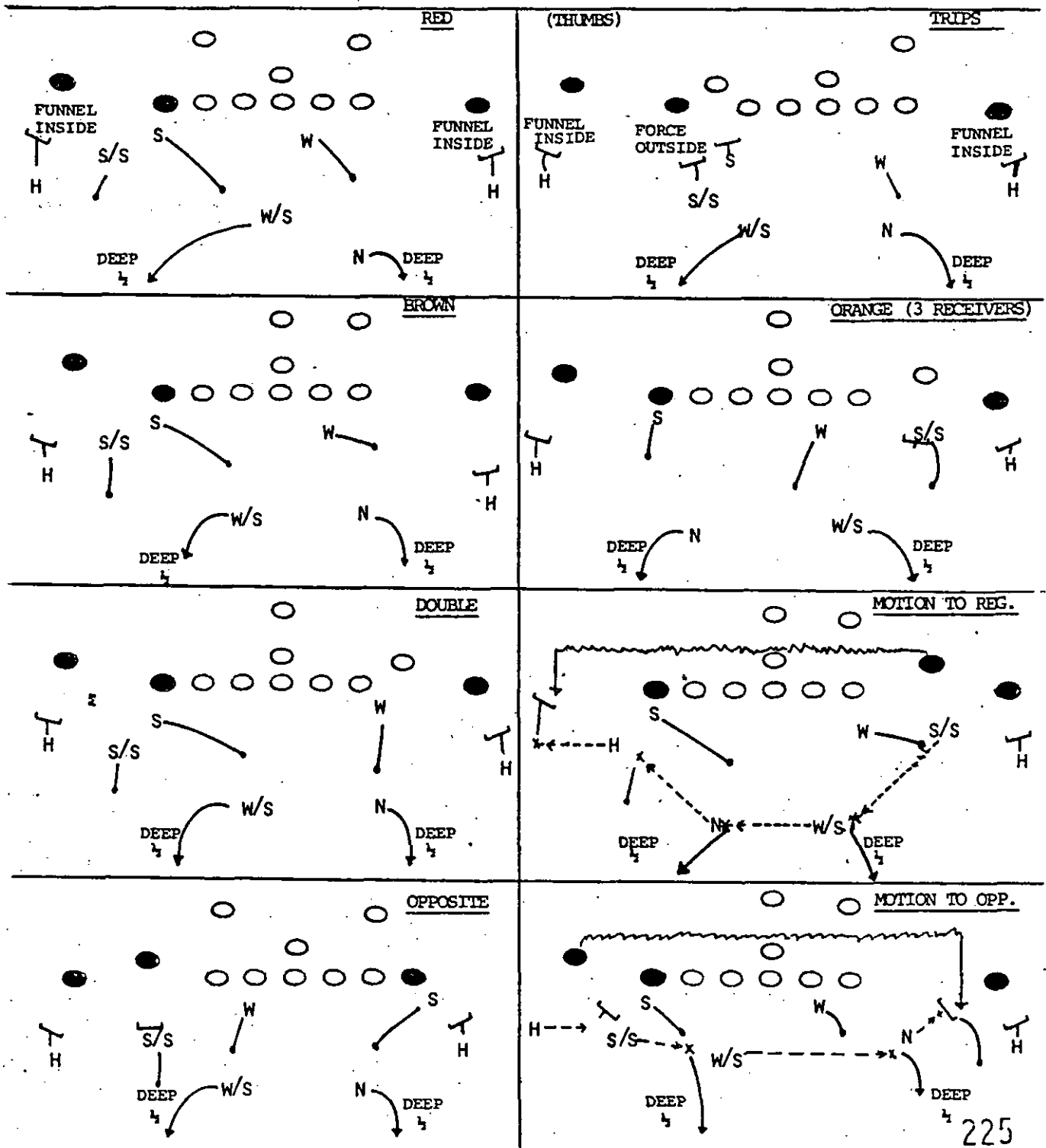
NICKEL DOUBLE SINGLE (5¢ DOS)

(ROLL ALL MOTION)



43 NICKEL X (5¢ X)

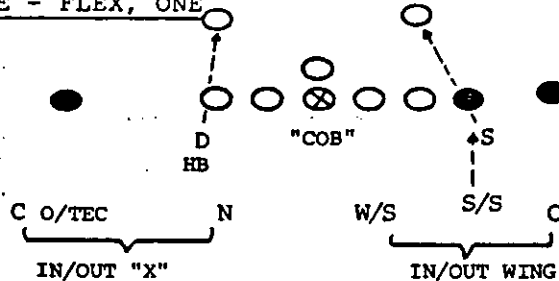




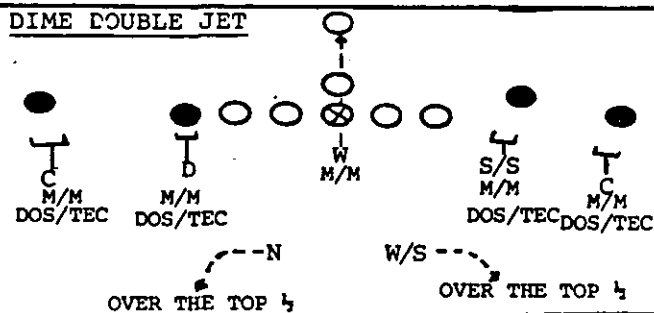
DIME DEFENSES

DIME - The dime defense is our Nickel defense with a 6th defensive back playing one of the linebacker's positions.

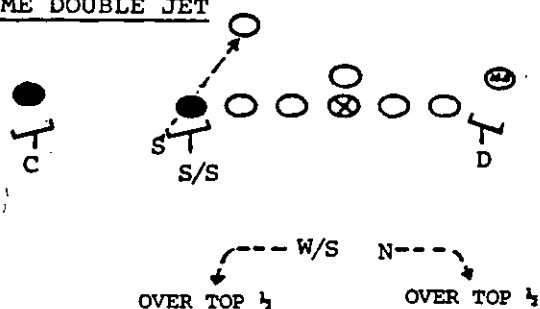
DIME - FLEX, ONE



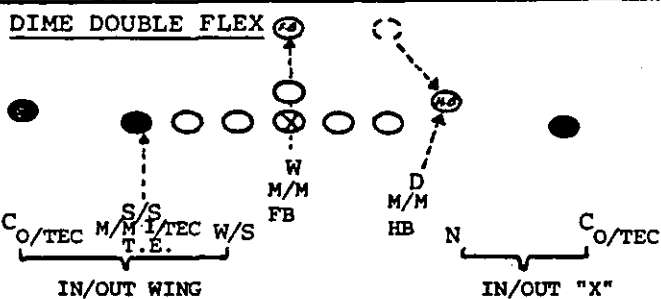
DIME DOUBLE JET



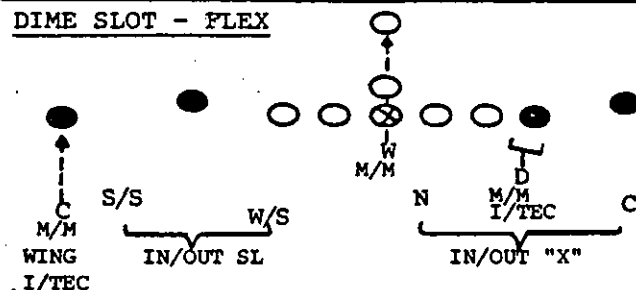
DIME DOUBLE JET



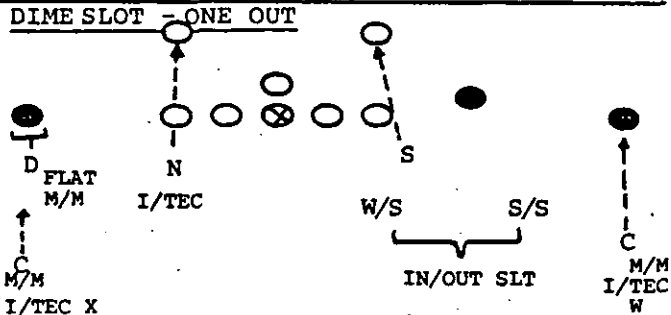
DIME DOUBLE FLEX



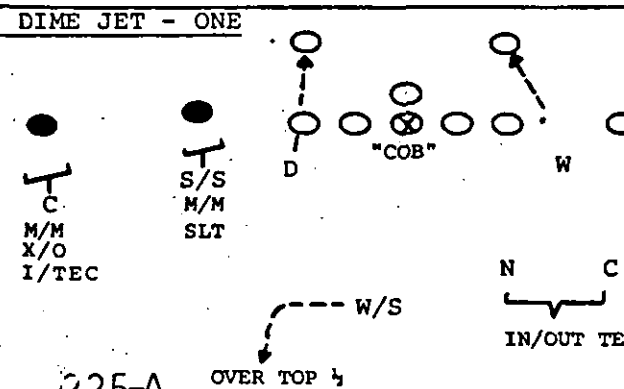
DIME SLOT - FLEX



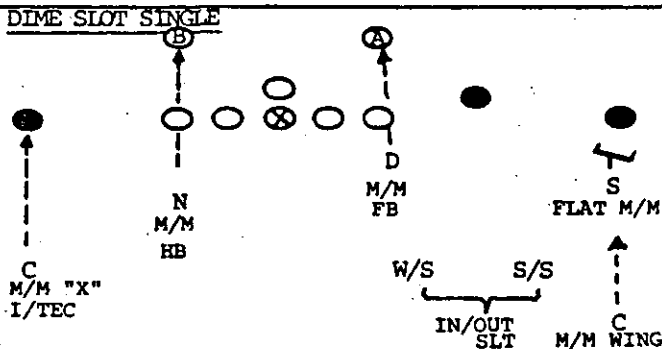
DIME SLOT - ONE OUT



DIME JET - ONE

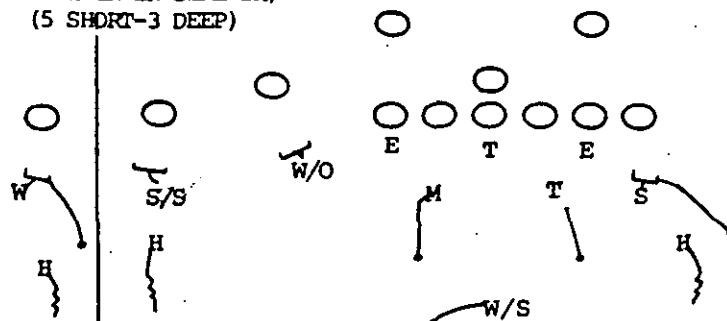
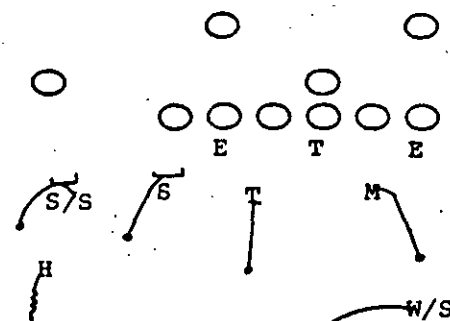


DIME SLOT SINGLE



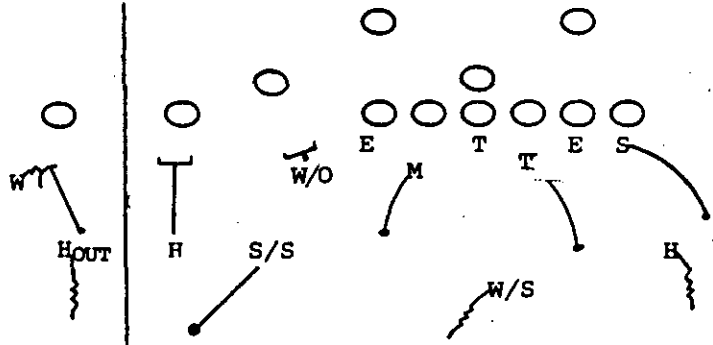
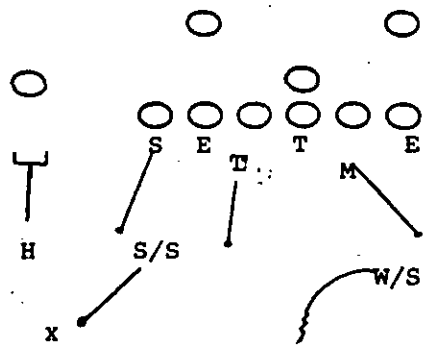
225-A

34
PURPLE ZEKE SX (PZSX)
(PRE-ALIGN IN ZEKE SX)
(5 SHORT-3 DEEP)

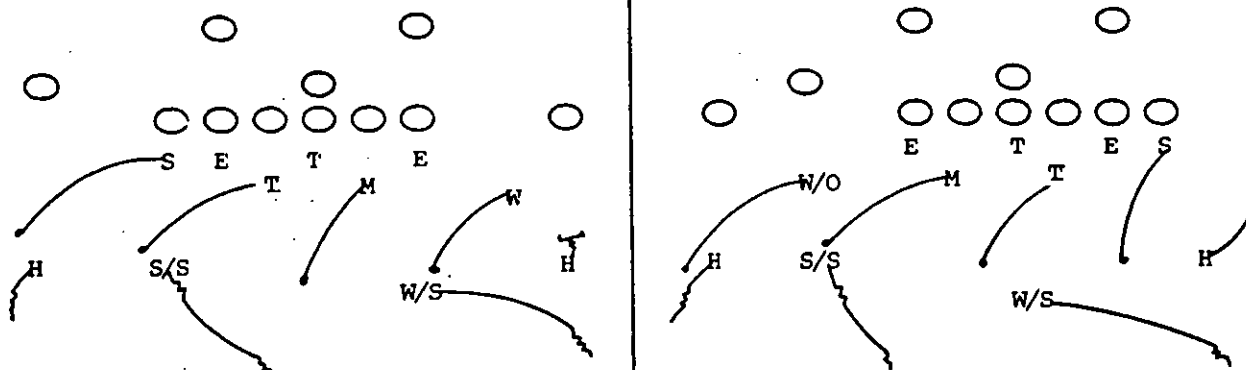


POSITION	ALIGNMENT	KEY	RESPONSIBILITY
ENDS	2 GAP	TACKLE	RUN TWO-GAP. PASS - CONTAIN COACHING POINT: USE ME AND U GAMES. KNOW BLOCKING SCHEME
NOSE TACKLE	HEAD ON CENTER	CENTER	MAY TAKE EITHER SIDE ON CENTER. FAVOR WIDE SIDE OF FIELD. KNOW BLOCKING SCHEME.
SAM WILL/O	HEAD ON TE	TE/SLOT NEAR BACK	MUST BE CONSCIOUS OF FIELD POSITION AND FORMATION. YOU JAM TE/SLOT AND WORK TO STRONG SLOT. SEE SB. <u>SB OUT</u> - YOU MUST BE READY TO ATTACK THE GIMMICK PATTERN. <u>NO GIMMICK</u> - GET DEPTH IN HOOK AREA, SQUARE AWAY, LOCATE AND ATTACK THE BALL
TED	STACK ALIGNMENT	TE /SB B	MUST BE CONSCIOUS OF FIELD POSITION AND FORMATION. MIDDLE OF FIELD - RED: SB OUT, FAVOR SS AND BE CONSCIOUS OF INSIDE RECEIVER (TE/SB). GET DEPTH AND SQUARE UP. <u>BROWN DOUBLE</u> - FLOOD ACTION: FAVOR WS AND BE CONSCIOUS OF WB/SB/"X". GET DEPTH AND SQUARE UP. COACHING POINT: VS. OPPOSITE - TAKE MIKE ASSIGNMENT.
MIKE	OKIE -	B	MUST BE AWARE OF FIELD POSITION AND FORMATION. HASH - RED: WITH WB ON INSIDE ROUTE, HOLD, JAM AND WORK TO AREA. GET DEPTH AND SQUARE UP. <u>BROWN DOUBLE: FLOOD ACTION</u> - HOLD AND DESTROY PATTERN. BE READY TO ATTACK THE GIMMICK PATTERN. <u>NO GIMMICK</u> - GET DEPTH IN CURL AREA, SQUARE AWAY. LOCATE AND ATTACK THE BALL. COACHING POINT: VS. OPPOSITE - T ASSIGNMENT.
WILL SAM/O	SAME AS "X" COVERAGE.		COACHING POINT: TAKE OUT ALIGNMENT, JAM, AND WORK THROUGH "X". NEVER LET HIM COME UNDER AS YOU WORK TO AREA. KEEP PLAY IN BOUNDS. GET DEPTH.
S/HB	SAME AS "SX" COVERAGE		DEPTH IS GREATER ON ALIGNMENT (DOWN AND DISTANCE) AND TIME REMAINING. DEEP OUTSIDE ZONE ON S/SIDE.
S/S	SHOW SX" COVERAGE.		COACHING POINT: TAKE OUT ALIGNMENT. WORK THROUGH WING. NEVER LET HIM COME UNDER AS YOU WORK TO OUT CUT. KEEP PLAY IN BOUNDS AND GET DEPTH.
W/S	LINE UP IN AREA DEEP MIDDLE ZONE	SAME AS "X" COVERAGE	COACHING POINT: DEPTH IS GREATER ON ALIGNMENT (DOWN AND DISTANCE) AND TIME REMAINING. DEEP MIDDLE ZONE.
W/HB	SAME AS "X" COVERAGE		COACHING POINT: DEPTH IS GREATER ON ALIGNMENT (DOWN AND DISTANCE) AND TIME REMAINING.
SCRAMBLE RULE: EVERYONE MOVE YOUR ZONE WITH SCRAMBLE.			

34 ZEKE (X)
(5 SHORT - 3 DEEP)

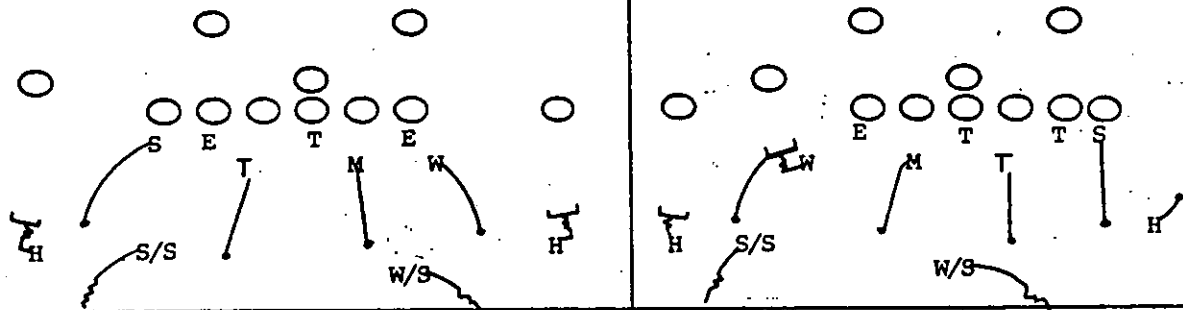




POSITION	ALIGNMENT	KEY	RESPONSIBILITY
ENDS	SAME AS 34		TWO-GAP: KNOW DOWN AND DISTANCE.
NOSE TACKLE	SAME AS 34		TWO-GAP: KNOW DOWN AND DISTANCE.
<u>SAM</u> WILL/O	HEAD ON TE	TE/NEAR BACK CORNER SUPPORT	FOLLOW SUPPORT PATTERN. SAME AS PURPLE ZEKE SX.
TED	STACK ALIGNMENT	TE/SB ▽	SAME AS PURPLE ZEKE SX.
MIKE	SAME AS 34	▽	SAME AS PURPLE ZEKE SX.
WILL SAM/O	SAME AS "X" COVERAGE		COACHING POINT: VS. OPPOSITE - TAKE SAM ASSIGNMENT.
S/HB	SAME AS "X" COVERAGE		C.P.- DO NOT FALL INSIDE VS 3 RECEIVERS.
S/S	SAME AS "X" COVERAGE		C.P. - NO GO CALL.
W/S	SAME AS "X" COVERAGE		
W/HB	SAME AS "X" COVERAGE		



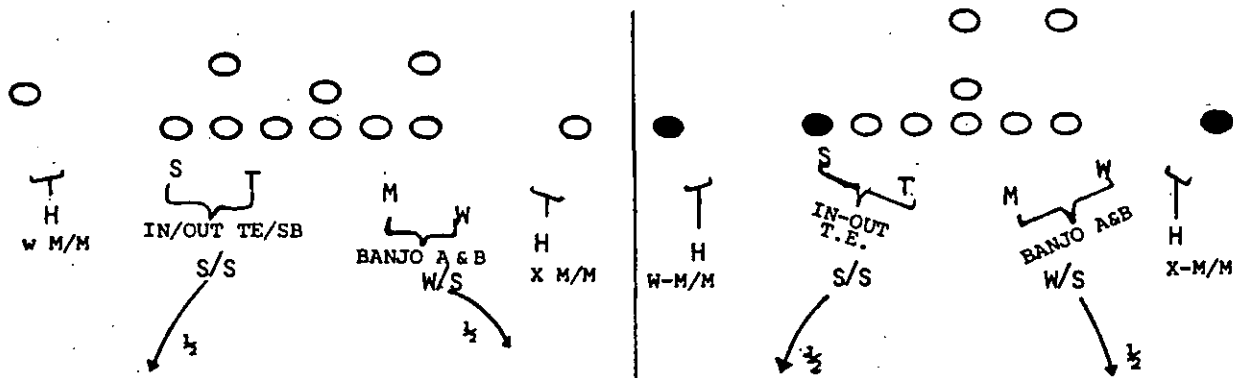
1

34 ZEKE DX (DX)
(6 SHORT - 2 DEEP)



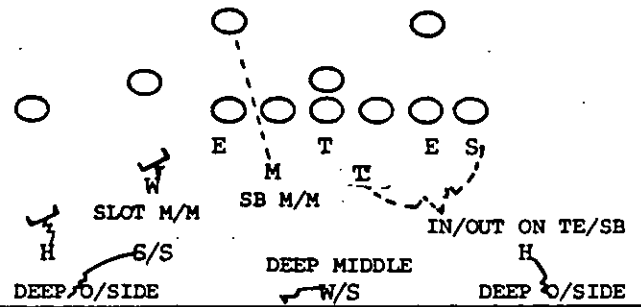
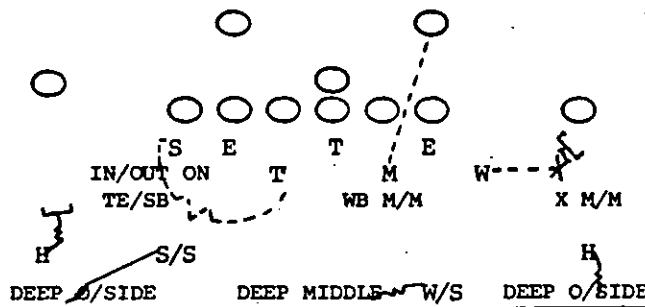
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
ENDS		SAME AS 34	
NOSE TACKLE		SAME AS 34	
SAM	OUTSIDE SHOULDER OF TIGHT END	TE/NEAR BACK	JAM TIGHT END AND WORK TO YOUR SLOT ZONE. YOU MUST BE READY TO DESTROY THE GIMMICK PATTERN. NO GIMMICK - GET DEPTH IN SLOT ZONE, SQUARE AWAY, LOCATE, AND ATTACK THE BALL. TAKE Y SEAM VS OUTSIDE RELEASE.
WILL/O			
TED	OUTSIDE SHOULDER OF GUARD (TE SIDE) STACK ALIGNMENT	 /TE	DROP TO SS HASH MARK. GET DEPTH AND SQUARE AWAY LOCATE AND ATTACK THE BALL. TAKE Y DEEP VS INSIDE RELEASE. C.P.- VS. OPP - MIKE'S RESPONSIBILITIES.
MIKE	OUTSIDE SHOULDER OF GUARD (AWAY FROM TE) OKIE		DROP TO WS HASH MARK. GET DEPTH AND SQUARE AWAY. LOCATE AND ATTACK THE BALL. COACHING RESPONSIBILITIES: VS. OPP - 34 RESPONSIBILITIES.
WILL	HIP WALK	NEAR BACK/"X"	DROP TO SLOT ZONE. SEE NEAR BACK. NEAR BACK OUT - BE READY TO ATTACK THE GIMMICK PATTERN. NO GIMMICK- GET DEPTH IN SLOT ZONE, SQUARE AWAY, LOCATE AND ATTACK THE BALL.
SAM/O			
S/HB	ONE COVERAGE ALIGNMENT	CORNER SUPPORT PASS PROGRESSION TE/SB/WING	WORK TO OUTSIDE TECHNIQUE. HOLD. MUST JAM AND TAKE AWAY "OUT". FUNNEL RECEIVER INSIDE. CONTINUE DEEP WITH YOUR RECEIVER IF HE RUNS THROUGH YOUR ZONE. SB OUT - REACT UP WHEN BALL IS THROWN.
S/S	ALIGNMENT FAVORING YOUR HASH	CORNER SUPPORT PASS PROGRESSION WING/TE/SB	GET TO PROPER POSITION IN ZONE 3-4 YARDS INSIDE OF NUMBERS. SEE AND PLAY DEEP TO SHORT.
W/S	ALIGNMENT FAVORING YOUR HASH	"X"/WB	GET TO PROPER POSITION IN ZONE 3-4 YARDS INSIDE OF NUMBERS. SEE AND PLAY DEEP TO SHORT.
W/HB	ONE COVERAGE ALIGNMENT	"X"/WB vs. NEAR CORNER SUPPORT	HOLD, MUST JAM, AND WORK TO OUT CUT. FUNNEL RECEIVER INSIDE WB OUT, REACT UP WHEN BALL IS THROWN.

34 ZEKE DOS
6 SHORT M/M - 2-DEEP ZONE



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
ENDS		SAME AS	34
NOSE TACKLE		SAME AS	34
SAM WILL/O	SAME AS DOUBLE SINGLE COVERAGE	1. BACKER 2. BACKER	BANJO WITH TED ON T.E./SB.
	STACK ALIGNMENT	B	BANJO WITH SAM ON T.E./SB
MIKE	SAME AS 34	B	VS REGULAR FORMATION, BANJO WITH WILL. ON A & B VS OPPOSITE M/M SB.
WILL SAM/O	HIP OUTSIDE SHOULDER ON NEAR	BACKER SUPPORT	BANJO WITH MIKE ON A & B.
S/HB	ONE COVERAGE LOCATION	WING	SAME AS DOUBLE/SINGLE COVERAGE. BACKER SUPPORT.
S/S		SAME AS	"D.O.S." COVERAGE
W/S		SAME AS	"D.O.S." COVERAGE
W/HB		SAME AS	"D.O.S." COVERAGE

34 ZEKE ACE
(5 SHORT M/M - 3 DEEP ZONE)

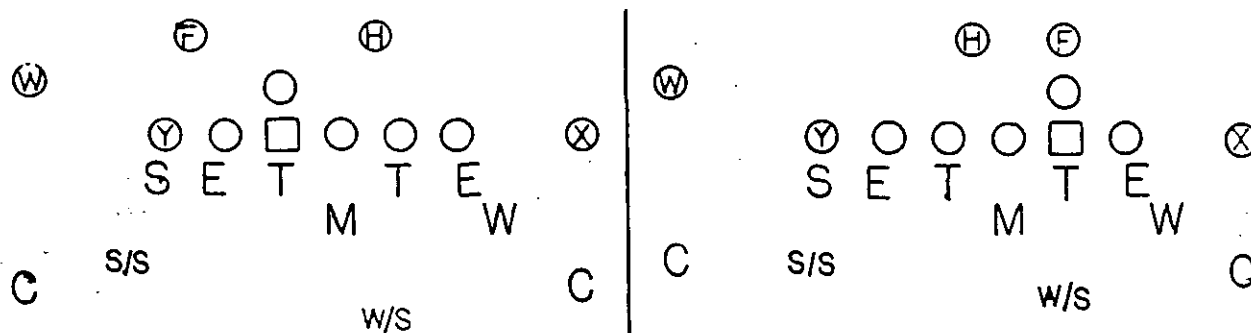


POSITION	ALIGNMENT	KEY	RESPONSIBILITY
ENDS		SAME AS 34	
NOSE TACKLE		SAME AS 34	
SAM WILL/O	SAME AS DOUBLE/ SINGLE COVERAGE	1. BACKER 2. BACKER	BANJO WITH TED ON TE/SB. COACHING POINT: BROWN - M/M ON TIGHT END
TED	STACK ALIGNMENT		BANJO WITH SAM ON TE/SB. COACHING POINT: BROWN - M/M ON T.E.
MIKE	SAME AS 34		WB M/M. WB BLOCKS, CLAMP FOR DRAW/SCREEN. BROWN = COB.
WILL SAM/O	OUT ALIGNMENT VS. NEAR, HEAD ON NEAR.	BACKER SUPPORT "X"	"X" - M/M.
S/HB	ONE COVERAGE LOCATION	WING	SAME AS DOUBLE/SINGLE COVERAGE BACKER SUPPORT
S/S		SAME AS "X"	COVERAGE
W/S		SAME AS "X"	COVERAGE
W/HB		SAME AS "X"	COVERAGE

UNBALANCED LINE

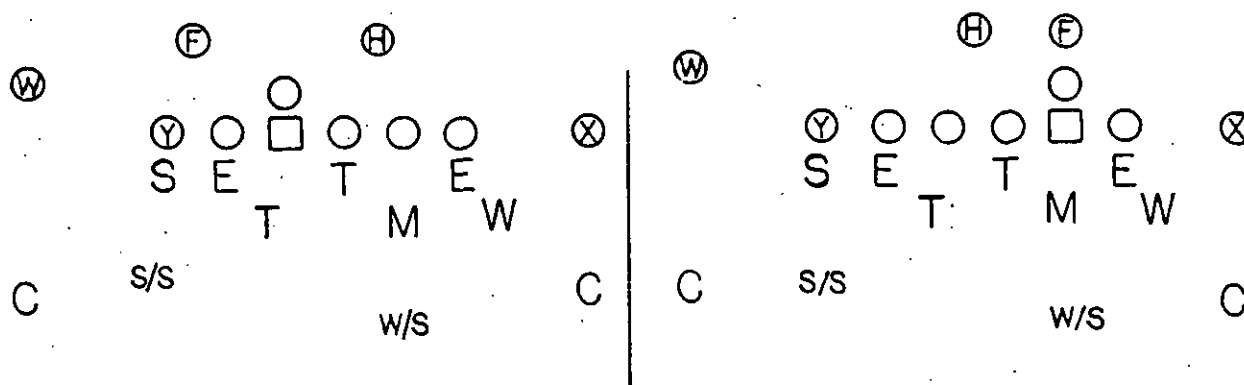
Adjustments

4 man front, automatic 4-3 front - stay with coverage called



We will play 34 alignment - stay with coverage called

34



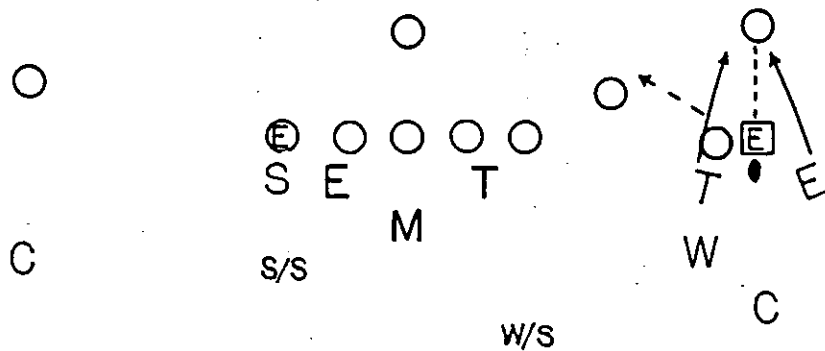
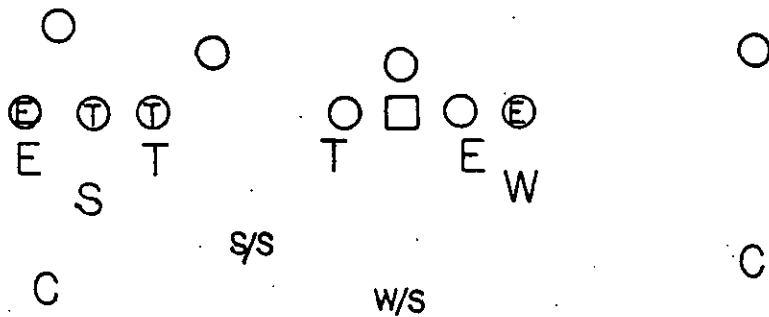
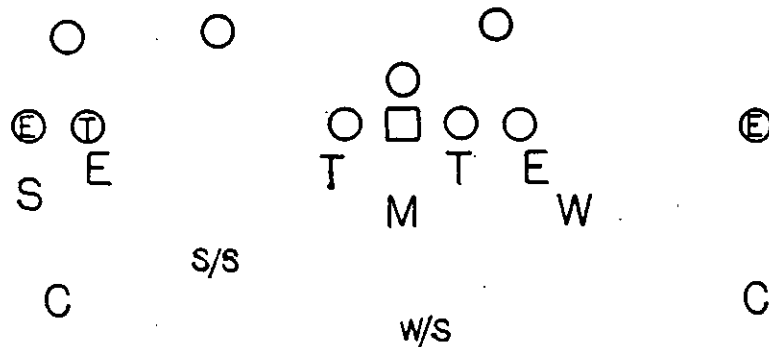
NOTE: Count 4 men from TE, use him as center in normal unbalanced adjustments.


GROUP FORMATION


GROUP FORMATION IS ANY FORMATION THAT INCLUDES INTERIOR LINEMEN. WHEN A "GROUP" SHOWS, WE WILL:

1. AUTOMATIC SAM X COVERAGE TO SIDE OF GROUP.
2. ONE INTERIOR LINEMAN "GOES" OUT - ONE DEFENSIVE LINEMAN AND ONE LINEBACKER "GOES" OUT.
3. TWO INTERIOR LINEMEN "GO" OUT - TWO DEFENSIVE LINEMEN AND ONE LINEBACKER "GOES" OUT.

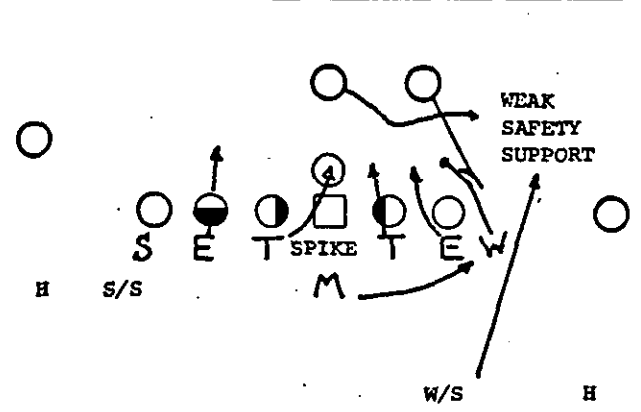
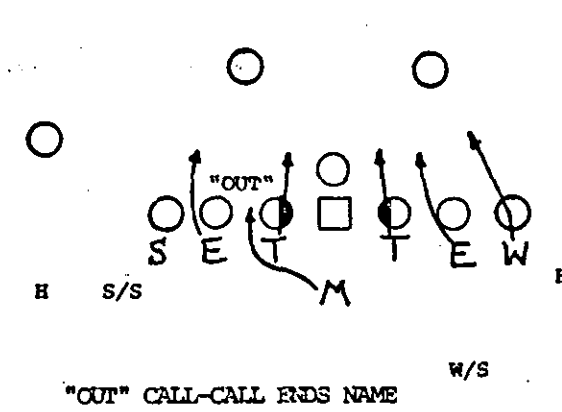
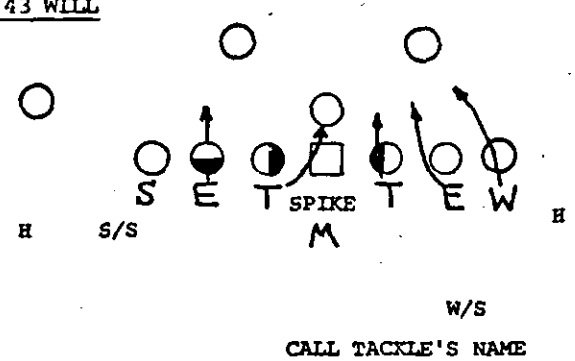
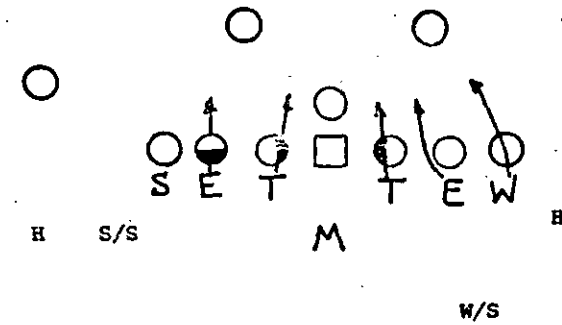
NOTE: DO NOT COUNT THE TIGHT END AS AN INTERIOR LINEMAN. WHEN USING 34 DEFENSE, SAM MAN IS NOW A DEFENSIVE END. DEFENSIVE BACKS AND LINEBACKERS LOCATE ELIGIBLE RECEIVERS; LINEMEN LOCATE THE INTERIOR LINEMEN.



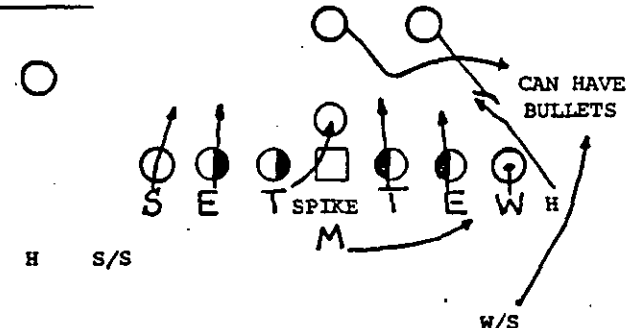
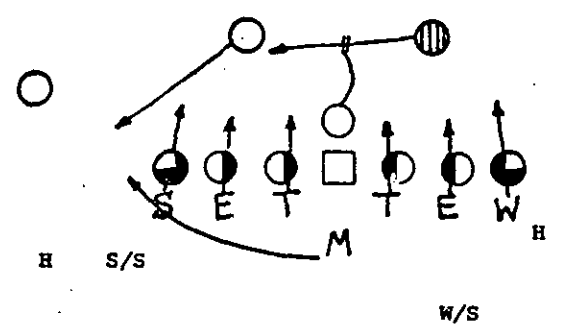
POSITION	ALIGNMENT	KEY	GOAL LINE 4-3 WILL	RESPONSIBILITY GL4-3 WILL/GL BLITZ
SAM-S/O	DEPENDS ON SUPPORT PATTERN. S/O HEAD UP TO INSIDE TE	TE/SB STRAIGHT INTO TE		FOLLOW SUPPORT PATTERN. YOU HAVE REVERSE AND QUARTERBACK KEEP. ONE COVERAGE.
MIKE	HEAD ON CENTER 3 YDS. OFF BALL			FLOW-FILL 4-5 HOLE/6-7 HOLE. ONE COVERAGE-FLOOD ACTION-SECOND BACK W/S. WEAK FLOW-SCRAPE OFF DE. SPLIT FLOW-HOLD AND LOCATE BALL. "OUT" CALL-FILL 4/5 GAP TOUGH.
WILL-W/O	CRACK HEAD UP TO INSIDE NEAR END	OT/NEAR STRAIGHT INTO NEAR		FREE BLITZ-CLOSE INSIDE. OT REACHES UP FIELD PASS RUSH. CONTAIN REVERSE AND QUARTERBACK KEEP. NEAR-DRIVE THROUGH INSIDE SHOULDER CLOSE 6-7 HOLE. WEAK SAFETY SUPPORT (CORNER VS. NEAR).
SS END	HEAD ON TACKLE	GOAL LINE 4 POINT STANCE		DRIVE THROUGH, OR UNDER OT. BY GAME PLAN PENETRATE RUNNING TANE. KEEP HEAD AND FEET DRIVING. PASS-SCRAMBLE FOR CONTAINMENT. OUT CALL-LION CHARGE.
WS END	HEAD ON TACKLE	GOAL LINE 4 POINT STANCE		RAM CHARGE-STAY LOW-PENETRATE OT/OG GAP. KEEP OUTSIDE SHOULDER LOW AND THROUGH OT HEAD. PASS-SCRAMBLE AND BREAK POCKET.
TACKLES	HEAD UP TO INSIDE SHOULDER OF OG.	GOAL LINE 4 POINT STANCE		DRIVE THROUGH OR UNDER INSIDE SHOULDER OF OG BY GAME PLAN. DO NOT ANGLE. PENETRATE. PASS-SCRAMBLE AND BREAK POCKET. "SPIKE"-DRIVE THROUGH CENTER-KEEP CENTER OFF MIKE.
	NOTE: TACKLE - KEEP GUARDS OFF MIKE.			

POSITION	ALIGNMENT	KEY	6-1 BLITZ (GOAL-line)	RESPONSIBILITY
SAM-S/O	HEAD UP INSIDE SHOULDER (DISGUISE)	GOAL LINE 3 POINT STANCE		DRIVE THROUGH INSIDE SHOULDER CLOSE 6-7 HOLD. PENETRATE. PASS-RUSH AND CONTAIN. YOU HAVE REVERSE AND QUARTERBACK KEEP SS-SAFETY SUPPORT. WS- WEAK SAFETY SUPPORT VS OPEN. CORNER VS NEAR.
MIKE	HEAD ON CENTER 4 YDS. OFF BALL.	 FAR BACK TO NEAR BACK		FLOW-FILL OUTSIDE SAM. WEAK FLOW-PURSUE FROM INSIDE OUT. SECOND BACK WS. SPLIT FLOW-HOLD AND LOCATE BALL AND MAKE PLAY.
WILL-W/O	HEAD UP TO INSIDE SHOULDER (DISGUISE)	GOAL LINE 3 POINT STANCE		DRIVE THROUGH INSIDE SHOULDER. CLOSE 6-7 HOLE. PENETRATE PASS RUSH AND CONTAIN. YOU HAVE REVERSE AND QUARTERBACK KEEP. W/S SAFETY SUPPORT (CORNER VS. NEAR.) S/S-SAFETY SUPPORT.
ENDS	HEAD UP TO INSIDE SHOULDER	GOAL LINE 4 POINT STANCE		DRIVE UNDER AND THROUGH INSIDE SHOULDER. NO ANGLE, BREAK POCKET. ON CALL OR TAP FROM MIKE, HEAD UP AND TWO GAP TECHNIQUE.
TACKLES	SAME AS GOAL LINE 43			
	NOTE: MIKE - WHEN YOU MOVE TO SHADE INSIDE END - TAP HIM TO ALERT HIM TO TWO-GAP TECHNIQUE. C.P.: CAN CALL "SPIKE" TO DT TO SEAL MIDDLE (QB SNEAK OR TRAP).			

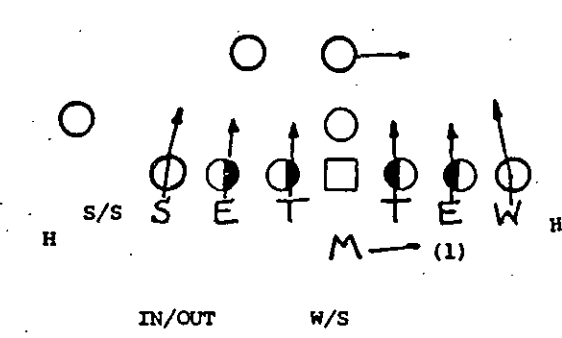
GOAL LINE 43 WILL



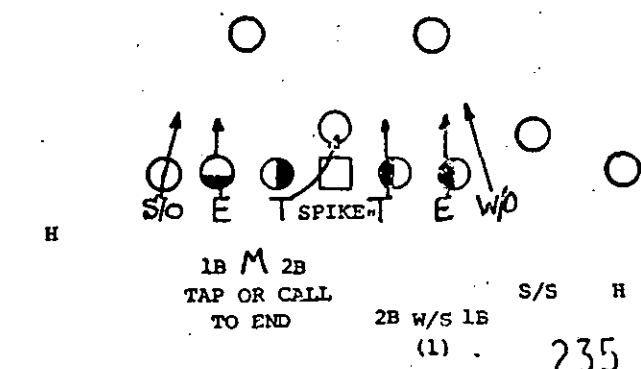
6-1 BLITE




YELLOW=WING

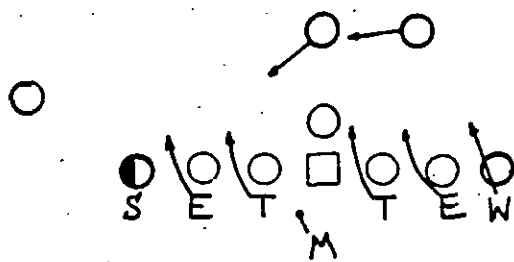


OPPOSITE=WING

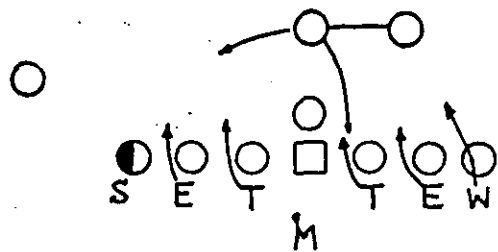
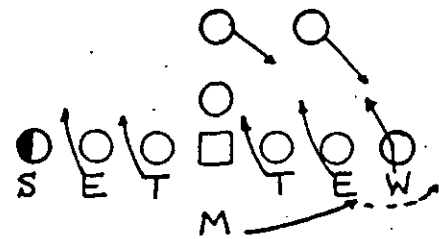


POSITION	ALIGNMENT	KEY/CHARGE	RESPONSIBILITY
		43 GL WILL SLANT	43 GL WILL SLANT OVER/UNDER GL WILL
SAM-S/O	OUTSIDE SHOULDER OF TE	BACKER SUPPORT TE/SB	FOLLOW SUPPORT PATTERN. CP: LINE WILL SLANT TOWARD TE. CAN USE SAFETY SUPPORT VS. BROWN & I.
MIKE	HEAD ON CENTER - 4 YDS. OFF BALL		FLOW: S/S 2-3 HOLE. PURSUE FROM INSIDE-OUT. WEAK FLOW: W/S 6-7 HOLE. SPLIT FLOW: HOLD, LOCATE BALL. FAVOR S/S 2-3 HOLE. ONE COVERAGE. FLOOD - SECOND BACK WEAKSIDE M/M.
WILL-W/O		SAME AS GOAL LINE 43 WILL	
SS END	HEAD ON TACKLE	GOAL LINE 4 PT. STANCE TE	DRIVE THROUGH TE/OT GAP. PENETRATE RUNNING LANE. PASS - RUSH PASSER AND CONTAIN.
WS END	HEAD ON TACKLE	GOAL LINE 4 PT. STANCE GUARD	DRIVE THROUGH OT/OG GAP. PENETRATE RUNNING LANE. PASS - BREAK POCKET. CP: WILL HAS CONTAIN ON PASS.
SS TACKLE	HEAD ON GUARD	GOAL LINE 4 PT. STANCE TACKLE	DRIVE THROUGH OG/OT GAP. PENETRATE RUNNING LANE. PASS - BREAK POCKET.
WS TACKLE	HEAD ON GUARD	GOAL LINE 4 PT. STANCE CENTER	DRIVE THROUGH CENTER/OG GAP. PENETRATE RUNNING LANE. PASS - BREAK POCKET.

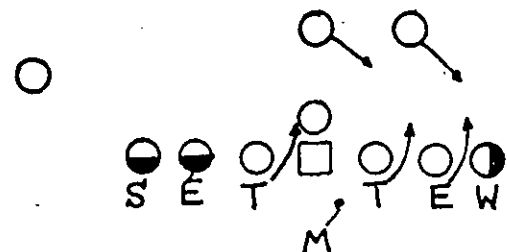
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
		OVER GL WILL	
SAM-S/O	SAME AS GL 43 WILL		FOLLOW SUPPORT PATTERN. ONE COVERAGE CP: CAN USE "LOOSE" ON OVER VS. BROWN AND "I".
MIKE	BY DEFENSE	OVER	SAME AS OVER RAM. ONE COVERAGE. FLOOD - SECOND BACK M/M.
WILL-W/O	SAME AS GL 43 WILL		
OVER END	OUTSIDE SHOULDER OF OT	GOAL LINE 4 PT.	DRIVE THROUGH TACKLES OUTSIDE SHOULDER - PENETRATE. PASS - CONTAIN. "OUT" CALL - LION (OVER END).
TWO GAP END	HEAD-ON TACKLE	GOAL LINE 4 PT.	OVER WILL - W/S RAM. PASS - BREAK POCKET.
OVER TACKLE	HEAD-UP TO OUTSIDE SHOULDER	GOAL LINE 4 PT.	DRIVE THROUGH GUARD'S SHOULDER, PENETRATE. BREAK POCKET. "OUT" CALL TO YOUR END - DRIVE THROUGH CENTER/OG GAP (OVER T)
UNDER 336	HEAD-ON CENTER	GOAL LINE 4 PT.	DRIVE UNDER AND THROUGH CENTER. DRIVE INTO RUNNING LANE AND BREAK-UP SNEAK. PASS-SCRAMBLE AND BREAK POCKET.



43 GL WILL SLANT

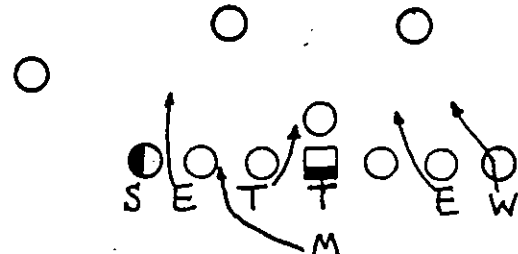
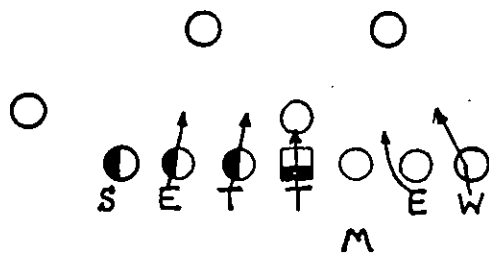


43 GL WILL VEER

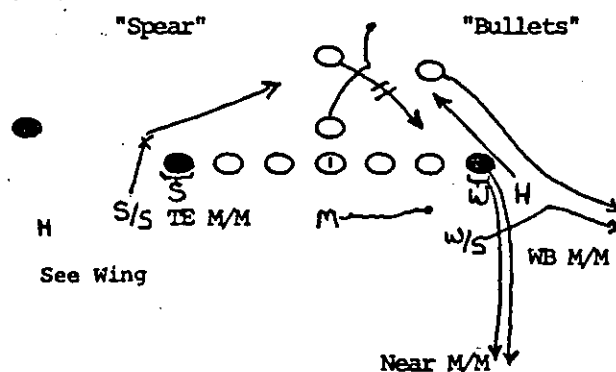
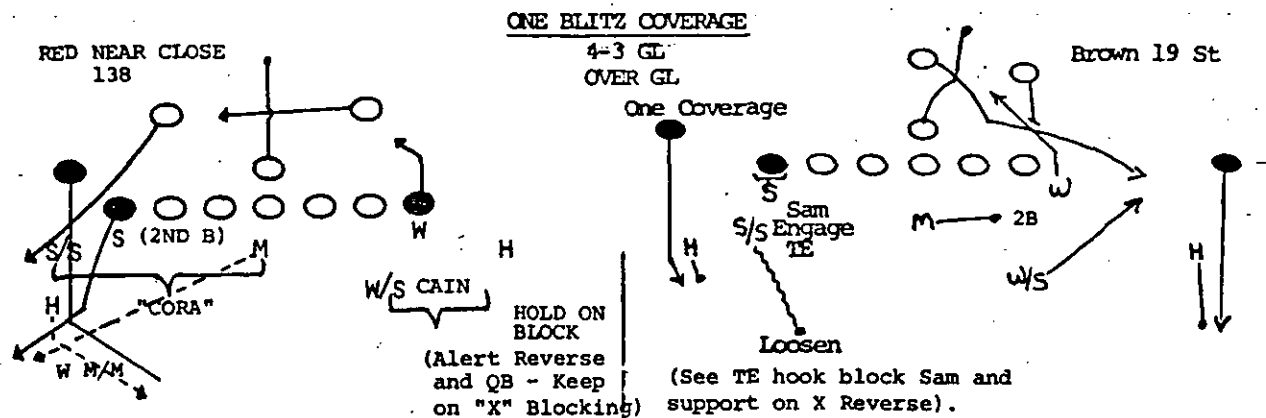


NOTE: END TO TE - TWO GAP AND NO WILL

OVER GL WILL



"OUT CALL"

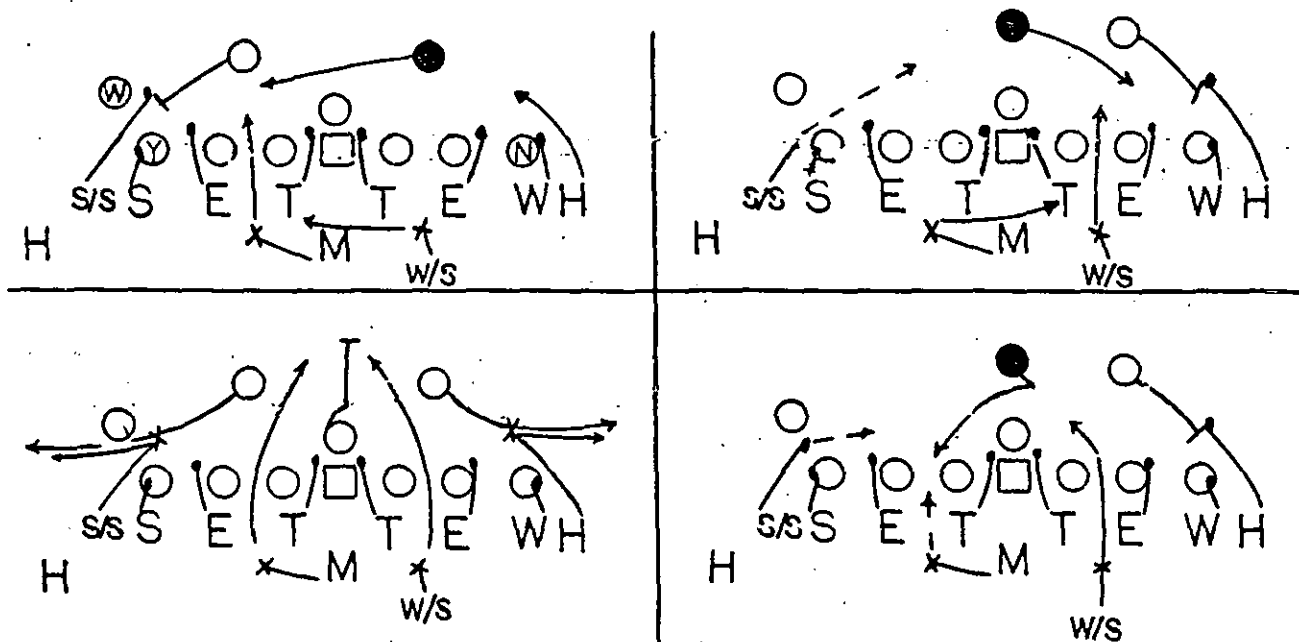


NOTES: GL WILL COVERAGE is used with 4-3 GL Will and Over GL Will alignment in a Short Yardage or Goal Line situation.

1. Sam will play One Coverage. You will drop to Hook Area. If Flood Action + TE blocks, engage him & go with him In or Out.
2. "Spear" - S/S control Blitz. Change of assignment between S/S & Sam. S/S has 1st Back M/M. If he blocks or goes AW, rush passer - contain.
3. "Bullets" - Used only vs. Near at GL. This call affects 3 positions: W/S, W/HB, Will.

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
GL Will SAM	Head on TE	Safety Support, TE/SB	1. SB (B Back) M/M Outside 2. Spear = TE M/M
MIKE	By Defense	A & B Backs	1. One Coverage strongside. 2. R&B Opposite = Wing 3. Flood - 2nd Back weakside M/M. Coverage
WILL	Crack Alignment	(A) WB & Running Lane	1. Free Blitz. 2. Bullets - Near M/M.
S/HB	SAME AS	ONE COVERAGE	C.P. - "W" M/M.
S/S	Slightly wider than One Coverage Location	Safety Support B/Outside Pull	SAME AS ONE COVERAGE except Safety support. CP: No SB(B) present, "Spear" call. SB(B) M/M: If he blocks/goes away - rush passer and contain. CORA with MIKE.
W/S	Head on WB (A) Normal Depth (5yds) Bullets call = Same alignment	Weak Back (A) Weak Back (A)	SAME AS GOAL LINE BLITZ COVERAGE. WB M/M weakside. If he pass blocks, Hold.
W/HB	Inside Technique Vs. Near = 2 yards out, LOS (Disguise) Bullets call = Alignment on LOS	"X" Weak Back (A) (WB Away See NR) Weak Back (A)	SAME AS GOAL LINE BLITZ COVERAGE. Corner support, In & Out with W/S on Near and WB (A). (WB M/M unless inside) Or CAIN. W/S Support. Rush passer - contain. CP: WB(A) on you & no onside pull - close inside.

6-1 AND 6-2
GOAL LINE - SMACK IT

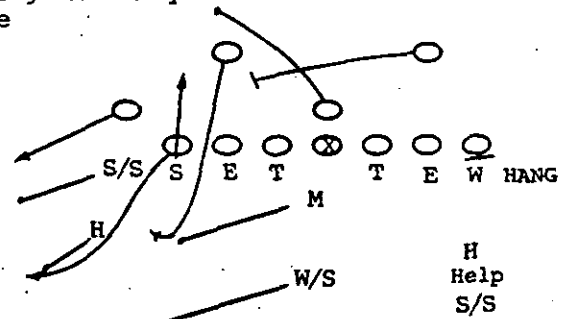
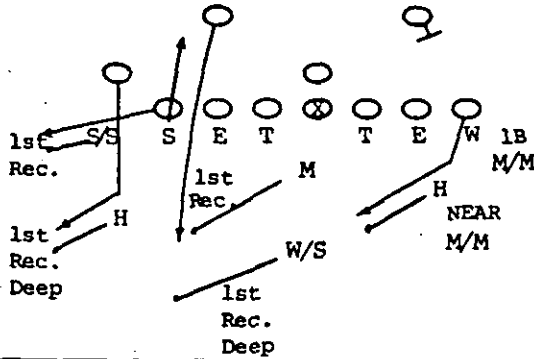


POSITION	ALIGNMENT	KEY/CHARGE	RESPONSIBILITY
SAM-S/O	OUTSIDE SHOULDER OF TE.	TE, SAFETY SUPPORT	TE MAN TO MAN (SPEAR TECHNIQUE)
MIKE TED	OG/OT GAP TO TE SIDE. 2 YDS. DEEP (DISGUISE)	▽	FREE BLITZ 4-5 GAP. ALERT CUTBACK.
WILL-W/O	OUTSIDE SHOULDER OF NEAR	NEAR-CORNER SUPPORT	NEAR MAN TO MAN (BULLETS TECHNIQUE) CP: X OPEN - KEY BLITZ.
ENDS	HEAD ON TACKLE	TACKLE	6-7 HOLE-CHARGE THRU OUTSIDE SHOULDER OF OT. PENETRATE RUNNING LANE.
TACKLES	HEAD ON GUARD	CENTER/OG GAP	2-3 HOLE-CHARGE THROUGH CENTER/OG GAP. PENETRATE RUNNING LANE. CP: ALERT TO QUARTERBACK SNEAK.
S/HB	SAME AS 61 BLITZ		WING MAN TO MAN.
STRONG SAFETY	SAME AS 61 BLITZ	▽ "A" KEY	STRONG BACK MAN TO MAN. FLOW AWAY BLITZ.
W/S MIKE	OG/OT GAP AWAY TE. 2 YDS DEEP (DISGUISE)	▽	FREE BLITZ G/T GAP. ALERT CUT BACK.
W/HB	SAME AS GBL	▽ "A" KEY	WEAK BACK MAN TO MAN. FLOW AWAY = BLITZ

NOTE: CAN USE "SMACK IT MIKE" (MIKE GOES - WING COVERAGE)
OR "SMACK IT SAFETY" (WEAK SAFETY GOES). (BLITZ COVERAGE)
BOTH ACCORDING TO FORMATION.

PETE

Combination Zone -
M/M used in tough territory.
VS. Near Close



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM	HEAD ON T.E.	T.E., S.B. SAFETY SUPPORT	FREE TO PLAY RUN TOUGH. NO PASS RESPONSIBILITY. PASS SHOWS = FREE BLITZ AND CONTAIN.
MIKE	BY DEFENSE	S.B., T.E., W.	WORK TO STRONG HOOK. PICK UP INSIDE RECEIVER. GO WITH HIM ACROSS YOUR FACE M/M.
WILL SAM/O	OUTSIDE EYE	H.B. BACKER SUPPORT	W/B M/M. NEAR SLOW AND NO W/B = HANG AND TAKE NEAR.
S/S	SAME AS SX	SAFETY SUPPORT	1ST OUTSIDE BREAK OF WING, T.E., S.B. M/M.
S/HB	5 YARDS TIGHTER INSIDE +5.	WING, T.E., S.B.	1ST OUTSIDE DEEP BREAK OF WING, T.E., S.B. M/M.
W/S	5 YARDS DEEP OVER CENTER	T.E., S.B., WING	1ST INSIDE DEEP BREAK OF W., T.E., S.B. M/M.
W/HB	HEAD UP ON NEAR	BACKER SUPPORT KEY NEAR	NEAR M/M

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D

KICKING GAME SNAPS BREAKDOWN - 1981

TOTAL SNAPS		389
AVERAGE SNAP PER GAME		24.3
PERCENTAGE OF KICKING GAME PLAYS PER GAME		15%
KICKOFF COVERAGE 70x	- AVERAGE PER GAME	4.3
KICKOFF RETURNS 61x	- AVERAGE PER GAME	3.8
PUNTS 64x	- AVERAGE PER GAME	4.0
PUNT RETURNS AND BLOCKS 52x	- AVERAGE PER GAME	3.25
FIELD GOAL ATTEMPTS 35X	- AVERAGE PER GAME	2.1
FIELD GOAL BLOCKS 23x	- AVERAGE PER GAME	1.4
PATS 46x	- AVERAGE PER GAME	2.8
PAT BLOCKS 38x	- AVERAGE PER GAME	2.3

C

KICKING GAME PHILOSOPHY

THE KICKING GAME IS THE TRUE WINNING EDGE IN PROFESSIONAL FOOTBALL. THERE ARE MORE GAMES WON OR LOST IN THE KICKING GAME THAN IN ANY OTHER PHASE OF FOOTBALL.

ALMOST EVERY PLAY IN THE KICKING GAME REQUIRES FULL FIELD COVERAGE.

- A) A SIZABLE AMOUNT OF YARDAGE IS INVOLVED (40 YARDS OR MORE), WE ARE TRYING TO ELIMINATE THE OPEN-FIELD SITUATIONS,
 - B) THERE IS A CHANGE OF POSSESSION, AND
 - C) THERE MAY BE A SPECIFIC ATTEMPT TO SCORE (F.G. OR P.A.T. ATTEMPT).
- PLAYERS OF THIS TYPE REQUIRE EXTREME DISCIPLINE AND CONCENTRATION ON ASSIGNMENTS.

GENERALLY WHEN TWO TEAMS OF RELATIVE ABILITY MEET, IT WILL BE DECIDED BY THE KICKING GAME - THE "HIDDEN YARDAGE" GAINED OR LOST IN KICKING SITUATIONS. IF WE CAN AVERAGE 10 YARDS OR MORE PER PUNT RETURN, THAT'S A FIRST DOWN OUR OFFENSE DOES NOT HAVE TO MAKE, AND IF OUR COVERAGE UNIT CAN HOLD OUR OPPONENTS TO A MINIMUM NUMBER OF YARDS RETURNED, WE WILL BE WELL ON OUR WAY TO GAINING THE ADVANTAGE IN THE PHASE OF "HIDDEN YARDAGE". ONE BLOCKED PUNT WILL YIELD AT LEAST 40 YARDS TO OUR CONQUEST OF "HIDDEN YARDAGE" AND GENERALLY LEADS TO A TOUCHDOWN.

TO FURTHER ILLUSTRATE THIS POINT, THE FIRST AND SECOND HALF KICKOFFS ARE THE TWO MOST IMPORTANT KICKOFFS OF THE GAME. THEY CAN EASILY ESTABLISH FIELD POSITIONS FOR FIRST AND THIRD QUARTERS. THE AVERAGE KICKOFF RETURN IN THE NATIONAL FOOTBALL LEAGUE LAST YEAR WAS 20.3 YDS. IF WE CAN HOLD OUR OPPONENTS TO UNDER 20 YARDS PER RETURN AND AVERAGE OVER 23 YARDS OURSELVES, WE ARE ONCE AGAIN WINNING THE BATTLE OF "HIDDEN YARDAGE" AND ESTABLISHING FIELD POSITION. OUR GOAL THIS YEAR IS TO FORCE OUR OPPONENT TO START INSIDE THE 23 YARD LINE. TO ACCOMPLISH THIS, OUR KICKER PLAYS A VITAL ROLL, HE MUST CONSISTENTLY PLACE THE BALL ON THE GOAL LINE OR INTO THE END ZONE. UNLESS OUR KICKER CAN ACCOMPLISH THIS, WE ARE AT A DISTINCT DISADVANTAGE.

IF A CLUB IS NOT EXECUTING WELL IN THE SPECIAL TEAMS AREA, IT IS ONLY OPERATING AT 66% EFFICIENCY. THE KICKING GAME IS A COMPLETE THIRD OF THE GAME AND WILL BE COACHED AS SUCH, OFFENSE, DEFENSE, AND THE SPECIAL TEAMS ARE AN EQUAL AND ESSENTIAL PARTNER ON THE ROAD TO SUCCESS. IN 1981, OUR OFFENSE AVERAGED 67.2 SNAPS PER GAME, DEFENSE AVERAGED 61.9 SNAPS PER GAME, AND OUR SPECIAL TEAMS AVERAGED 24.3 PLAYS PER GAME. EVERYONE ON THE SPECIAL TEAMS MUST EXECUTE WITH GREAT INTENSITY BECAUSE YOUR PERFORMANCE IN THIS AREA WILL AFFECT THE OUTCOME OF THE GAME. THE SPECIAL TEAMS ARE SIMILAR TO OFFENSE AND DEFENSE IN THAT THEY REQUIRE THE SKILLS TO BE SUCCESSFUL IN BOTH OF THESE AREAS: BLOCKING, TACKLING, RUNNING, AGGRESSIVENESS, RECEIVING SKILLS, ETC. WE HAVE OUR OWN TECHNIQUES, STRATEGY, AND ADJUSTMENTS. THE PLAYS WHICH INVOLVE THE KICKING GAME ARE WEIGHED HEAVILY INsofar AS THEY WILL AFFECT THE TIDE AND OUTCOME OF THE GAME. YOUR OWN PERSONAL CONTRIBUTION ON SPECIAL TEAMS WILL GO A LONG WAY IN ENHANCING YOUR CHANCES OF A LONGER CAREER WITH THE LIONS.

WE WILL STRESS THE KICKING GAME FOR HERE IS WHERE THE BREAKS ARE MADE. PROBABLY MORE "BREAKS" OCCUR IN THE AREA OF THE KICKING GAME THAN IN ANY OTHER PHASE. THESE "BREAKS" ARE A RESULT OF OUR OPPONENTS TEAM OR PLAYER BEING UNPREPARED FOR A SPECIFIC SITUATION. BEING PREPARED TO TAKE ADVANTAGE OF THESE OPPORTUNITIES OURSELVES REQUIRES YOU TO BE DILIGENT IN YOUR KNOWLEDGE, TECHNIQUES AND INTENSITY TOWARD THE

KICKING GAME PHILOSOPHY (Cont.)

KICKING GAME. MANY POSITIVE SITUATIONS WILL ARISE FOR THE TEAM WHO DOMINATES THEIR OPPONENTS IN THE KICKING GAME. LET'S BE THE TEAM THAT DOMINATES THE KICKING GAME.

VERY LITTLE CAN BE ACCOMPLISHED WITHOUT ENTHUSIASM. THIS CAN BE EVEN MORE EXPLICIT ON THE SPECIAL TEAMS. THIS IS AN AREA WHERE AN ATTITUDE CAN BE ESTABLISHED AND THE ENTIRE TEMPO SET FOR THE GAME BY A GROUP OF AGGRESSIVE, ENTHUSIASTIC PLAYERS WHO TAKE PRI E IN THEIR WORK. REMEMBER A MISTAKE MAY NOT BE A MISTAKE UNTIL THE PLAY IS OVER.

THE DETROIT LIONS ARE GOING TO BUILD A REPUTATION AS AN OUTSTANDING KICKING GAME TEAM. WE CAN ONLY ACHIEVE THIS THROUGH A FIRM CONVICTION AND COMMITMENT AMONG OUR PLAYERS. IT'S IMPERATIVE THAT OUR ENTIRE SQUAD BE PREPARED MENTALLY AND PHYSICALLY TO MAKE A CONTRIBUTION IN THIS AREA SHOULD THE NEED ARISE. WE WANT TO BE KNOWN AS THE TEAM THAT CREATES ITS OWN "BREAKS". LET'S MAKE SOMETHING HAPPEN. WE WILL BE BETTER PREPARED, MORE AGGRESSIVE AND INTENSE THAN ANYONE WE PLAY - THAT WILL BE OUR WINNING EDGE. ALL PLAYERS WHO PERFORM ON THE SPECIAL TEAMS SHOULD TAKE GREEAT PRIDE IN THE CONTRIBUTION THEY ARE MAKING TOWARD WINNING. FOOTBALL IS A GME OF CHANGING SITUATIONS - WINNERS REACT WITHOUT HESITATION.

ELEMENTS OF A SUCCESSFUL KICKING GAME

1. ELIMINATION OF MISTAKES

MOST MISTAKES MADE IN THE KICKING GAME ARE CAUSED BY A LACK OF CONCENTRATION. BY MISTAKES, WE MEAN PENALTIES, MISSED ASSIGNMENTS, POOR DECISIONS, SLOPPY TECHNIQUES, ETC. PENALTIES SUCH AS CLIPPING, OFF-SIDES, OR RETALIATORY TYPE ACTIONS CAN KILL A BIG PLAY QUICKER THAN ANYTHING ELSE. YOUR BELIEF IN THE IMPORTANCE OF THE KICKING GAME IS THE KEY TO ELIMINATION OF MISTAKES.

1981 SPECIAL TEAM PENALTIES

NUMBER - 24 FOR 172 YARDS (2 PENALTIES DECLINED)

- | | |
|--|---|
| 1) PUNT RETURNS - ILLEGAL BLOCKS | - 11 TIMES - 97 YARDS ('80 11x/101 YDS) |
| 2) OUT OF BOUNDS KICKOFF | - 6 TIMES - 30 YARDS |
| 3) INTERFERENCE WITH PUNT RECEIVER | - 1 TIME - 15 YARDS |
| 4) RUNNING INTO PUNTER | - 1 TIME - 5 YARDS |
| 5) OFFSIDES KICKOFF COVERAGE | - 1 TIME - 5 YARDS |
| 6) DELAY GAME (PUNTING) | - 1 TIME - 5 YARDS |
| 7) UNNECESSARY ROUGHTNESS - KICKOFF COVERAGE | - 1 TIME - 15 YARDS |

OUR OPPONENTS HAD 14 PENALTIES FOR 122 YARDS. (PUNT RETS. 4 FOR 37 YDS)

2. INTENSITY

ALTHOUGH INTENSITY IS ESSENTIAL IN ALL AREAS OF THE KICKING GAME, IT IS BEST OBSERVED IN HOW WE COVER KICKS. A TEAM'S READINESS TO PLAY IS JUDGED BY HOW THEY COVER PUNTS AND KICKOFFS. EACH TIME YOU COVER A KICK, THINK OF IT AS AN OPPORTUNITY TO DISPLAY THE PROPER ATTITUDE. AN INTENSE EFFORT IS ALSO NECESSARY IN SPECIAL TEAMS MEETINGS IN ORDER TO PROPERLY PREPARE YOURSELF.

3. FUNDAMENTALS

KICKING INVOLVES MANY PRECISE SKILLS. PUNTERS, SNAPPERS, HOLDERS, AND PLACE KICKERS MUST ALL WORK MANY EXTRA HOURS AT PERFECTION THEIR SKILLS. WE MUST POSSES GREAT CONCENTRATION. DISTANCES AT WHICH KICKERS AND HOLDERS LOCATE THEMSELVES, ALONG WITH TIMING ON SNAPS AND GETTING KICKS AWAY, MUST BE WORKED AT EARNESTLY AND

FUNDAMENTALS (Cont.)

TIRELESSLY. THERE ARE MANY TECHNIQUES TO BE MASTERED BY THE RETURNERS, PUNT RETURN BLOCKERS, KICKOFF RETURN BLOCKERS, FIELD GOAL PROTECTION UNIT, PUNT UNIT, WHICH NEED ATTENTION AND ARE VITALLY IMPORTANT.

4. TIMING

FOR THE BEST RESULTS AND FOR SECURITY REASONS, THERE ARE CERTAIN TIME REQUIREMENTS WHICH SERVE AS PERFORMANCE GUIDES FOR THE THREE BASIC TYPES OF KICKS IN THE GAME. OUTLINED BELOW ARE THE CRITICAL TIMES:

1980 PUNTS (AVERAGE TIMES)

SNAP	.80
POSSESSION	1.26
GET AWAY	2.05
HANG	3.81

1981 PUNTS (AVERAGE TIMES)

SNAP	.77
POSSESSION	1.35
GET AWAY	2.12
HANG	3.71

1980 PAT AND FIELD GOAL AVE. TIMES

PATS	1.15
FIELD GOALS	1.17

1981 PAT & F.G. AVE. TIMES

PATS	1.13
FIELD GOALS	1.14

1980 KICKOFFS

AVERAGE HANG TIME	3.99
AVERAGE DISTANCE	61 YARDS

1981 KICKOFFS

AVERAGE HANG TIME	4.01
AVERAGE DISTANCE	62 YARDS

5. SUBSTITUTIONS

IT IS OF THE UTMOST IMPORTANCE - WE MUST KEEP OUR HEADS IN THE BALL GAME AND KNOW WHEN AND WHAT OUR RESPONSIBILITIES ARE ON THE SPECIAL TEAMS. BE PREPARED - KNOW THE DOWN AND DISTANCE SITUATION AND BE ALERT TO WHAT AREA OF THE SPECIAL TEAMS WILL BE SUBSTITUTED. ABSOLUTELY NO CHANGES OR SUBSTITUTIONS ARE TO BE MADE WITHOUT THE DIRECT APPROVAL OF THE HEAD COACH PERSONALLY. YOU ARE RESPONSIBLE TO CHECK WITH THE TRAINER, ALERT THE SPECIAL TEAMS COACH, AND YOUR SUBSTITUTE IN THE EVENT YOU CANNOT PARTICIPATE. IT IS THE RESPONSIBILITY OF EACH INDIVIDUAL ON THE UNIT TO ALWAYS CHECK TO SEE IF WE HAVE 11 MEN ON THE FIELD IN ALL KICKING SITUATIONS. THIS IS A MOST CRITICAL AREA, IT MOST DEFINITELY CAN BE THE DIFFERENCE BETWEEN WINNING AND LOSING. LAST YEAR WE DID AN EXCEPTIONAL JOB IN THIS AREA, AND WE ARE GOING TO CONTINUE THE PRACTICE WE STARTED LAST YEAR OF CHECKING COUNTERPARTS AND COUNTING THE NUMBER OF MEN ON THE FIELD.

KICKING GAME GOALS 1982

1. AVERAGE 10 YARDS PER PUNT RETURN (THIS WILL BE ONE OF THE FIRST DOWNS OUR OFFENSE DOES NOT HAVE TO MAKE.) 13.8 LEAD THE LEAGUE IN 1981, WE AVERAGED 8.7 PER RETURN.
2. LEAD THE NATIONAL CONFERENCE IN NET PUNTING (YARDS RETURNED VS. OUR COVERAGE UNIT). IN 1981 WE RANKED 1ST IN THE NFL IN NET - WITH A 37.3 AVERAGE - EXCELLENT EFFORT.
3. AVERAGE OVER 23 YARDS PER KICKOFF RETURN. LAST YEAR WE AVERAGED 19.1 - 9TH IN THE NFC AND 18TH IN THE NFL. A 25.0 AVERAGE LED THE LEAGUE.

KICKING GAME GOALS 1982 (Cont.)

4. LIMIT OUR OPPONENTS FROM RETURNING KICKOFFS BEYOND THEIR 23 YARD LINE. OUR OPPONENTS AVERAGE STARTING POINT WAS THE 22.5 YARD LINE IN 1981. OUR AVERAGE KICKOFF WAS TO THE 3.2 YARD LINE, WITH THE AVERAGE HANG TIME OF 4.01 - AN EXCELLENT JOB.
5. RETURN AT LEAST TWO KICKS FOR TOUCHDOWNS DURING THE COURSE OF THE SEASON. IN 1981, WE RETURNED A PUNT 45 YARDS FOR A TOUCHDOWN.
6. BLOCK AT LEAST FOUR KICKS, PUNTS, OR FIELD GOAL ATTEMPTS THIS YEAR. WE BLOCKED ONE P.A.T. AND ONE PUNT IN 1981.
7. THE DETROIT LIONS SPECIAL TEAMS UNIT MUST FORCE TWO BIG PLAYS WHICH ULTIMATELY WILL LEAD THE LIONS TO TWO LEAGUE VICTORIES. "DON'T WAIT FOR SOMETHING TO HAPPEN - MAKE SOMETHING HAPPEN."

BIG PLAYS - FOR SPECIAL TEAMS

	<u>1981</u>
1. SCORE	1x
2. A KICKOFF INTO END ZONE (NOT RETURNED) .	13x
3. ON KICKOFF COVERAGE - A TACKLE MADE INSIDE 23 YARD LINE.	26x
4. A KICKOFF RETURN PAST THE 30 YARD LINE.	21x
5. PUNT OUT OF BOUNDS OR DOWN A PUNT INSIDE THE 20 YARD LINE.	21x
6. HOLD OPPONENTS TO 5 YARDS OR LESS ON PUNT RETURNS.	12x
7. A BLOCKED KICK OR FORCE A BAD KICK. (BLOCKED)	2x
8. A PUNT RETURN FOR OVER 10 YARDS.	20x
9. CAUSE A FUMBLE.	3x
10. RECOVER A FUMBLE.	2x
11. EXECUTE TWO BLOCKS (OPPONENT ON GROUND) ON ONE PLAY.	
12. THE HIT OF THE WEEK OR A BIG PLAY THROUGH OUTSTANDING EFFORT.	

SPECIAL TEAMS RANKING - NFL 1981

NOTE: DETERMINED BY THE SUM TOTAL OF THE FINAL RANKING IN THE FOLLOWING AREAS:

- 1) VS. OPPONENT KICKOFF RETURNS
- 2) GROSS PUNTING
- 3) NET PUNTING
- 4) VS. OPPONENT PUNT RETURNS
- 5) KICKOFF RETURNS
- 6) PUNT RETURNS
- 7) FIELD GOAL PERCENTAGE

TOTAL POINTS

1)	SAN DIEGO	42
2)	DETROIT LIONS	51
3)	MIAMI	54
4)	ST. LOUIS	61
5)	CINCINNATI	69
6)	WASHINGTON	71
7)	KANSAS CITY	71
7)	SEATTLE	73
8)	MINNESOTA	76
9)	HOUSTON	78
10)	NEW ORLEANS	79
11)	NEW YORK GIANTS	82
12)	DALLAS	82
12)	NEW YORK JETS	83
-	PITTSBURGH	83
-	LOS ANGELES	83
13)	ATLANTA	92
14)	GREEN BAY	96
15)	PHILADELPHIA	101
16)	BUFFALO	104
17)	OAKLAND	105
18)	SAN FRANCISCO	107
19)	CLEVELAND	109
20)	DENVER	110
21)	CHICAGO	111
22)	NEW ENGLAND	119
23)	BALTIMORE	120
24)	TAMPA BAY	121

ONE OF THE BIGGEST REASONS FOR OUR DRAMATIC PROGRESS IN THE PLAY OF OUR SPECIAL TEAMS LAST YEAR CAN BE TRACED TO YOUR UNDERSTANDING OF EXACTLY WHAT AN EFFECT IT HAS ON OUR CHANCES TO WIN - WITH THE PRIDE AND ENTHUSIASM YOU DISPLAYED - HAD A DIRECT BEARING ON OUR SUCCESS. THE MANNER IN WHICH YOU RESPONDED AND RECOGNIZED THE SENSE OF URGENCY NEEDED ON THE TEAMS WAS IMPRESSIVE. WE ARE QUICKLY GAINING A REPUTATION THROUGHOUT THE LEAGUE AS A RESPECTED AND FEARED UNIT. LET'S CONTINUE TO BUILD ON THE ATTITUDES OF LAST SEASON.

THE DETROIT LIONS
1980-1981 COMPARATIVE KICKING GAME STATISTICS

	NFL RANK		NFL RANK		NFL RANK		NFL RANK		NFL RANK	
	1980	1981	1980	1981	1980	1981	1980	1981	1980	1981
1) KICKOFF RETURNS	20.5	19.1	8th	18th	6th	9th				
2) OPP. KICKOFF RETURNS	20.1	18.0	12th	4th	7th	2nd				
3) KICKOFF DIFFERENCE	+ .4	+1.1								
4) AVERAGE HANG TIME	3.99	4.01								
5) AVERAGE DISTANCE KICKOFF	43.5	42.2	8th	2nd	3rd	1st				
6) AVERAGE STARTING POINT	23.0	22.5								
7) PUNTING										
8) NET PUNTING	35.3	37.3	4th	1st	2nd	1st				
9) OPP. PUNT RETURN/YARDS	38/300	39/299								
10) OPP. PUNT RETURN/AVERAGE	38/7.9	39/7.7	8th	9th	5th	4th				
11) PUNT RETURN YARDS	56/463	52/450	8th			6th				
12) PUNT RETURN AVERAGE	56/8.3	52/8.7	9th	10th	4th	6th				
13) FIELD GOALS MADE	27/42	25/35	1st	3rd	1st	2nd				
14) FIELD GOAL PERCENTAGE	64%	71%	9th	7th	6th					
15) AVERAGE DIST. SQUIB KICKOFF	-	14.5 Yard Line								
16) OPP. AVERAGE STARTING POINT VS SQUIBS	-	28.8 Yard Line								
17) AVERAGE KICKOFF AFTER OB KICKOFF	-	8.3 Yard Line								
18) OPP. AVERAGE STARTING POINT AFTER OB KICKOFF	-	30.8 Yard Line								
19) BLOCKED KICKS	1980	1981								
	4 (3 FG, 1 P)	0								
	1 (PAT)	2 (1 Punt, 1 PAT)								

CRITIQUE OF 1981 SEASON

1) WE DID NOT BEAT OURSELVES

- A) NO TOUCHDOWNS
- B) NO BLOCKED KICKS (BLOCKED 2 KICKS)
- C) OPPONENTS' LONGEST RETURN WAS 39 YARDS

2) MAINTAINED THE SAME CONSISTENCY THROUGHOUT THE YEAR - BECAUSE OF THE ATTITUDE YOU ALL DEVELOPED TOWARD SPECIAL TEAMS.

3) WE WON THE BATTLE OF HIDDEN YARDAGE -

KICKOFF COV. AND KICKOFF RET. +1.1 VS. OPP. KICKOFF COV.
 & KICKOFF RETURN
 PUNTING +.6 VS. OPPONENT PUNTING
 NET PUNTING +3.4 VS. OPPONENT NET PUNTING
 PUNT COVERAGE AND PUNT RET. +1.0 VS. OPPONENT PUNT COV.
 AND PUNT RETURN.
+6.1 TOTAL YARDS.

PLUS - WE DID NOT HAVE A KICK BLOCKED (BLOCKED 1 PUNT).

4) WE ARE RAPIDLY BECOMING NOTED AROUND THE LEAGUE AS A VERY PHYSICAL SPECIAL TEAMS GROUP.

5) NEEDED IMPROVEMENT FOR 1982

A) ELIMINATE STUPID PENALTIES -

12 PENALTIES ON PUNT RETURNS AND BLOCKS ALONE FOR 102 YARDS.
 1 RUNNING INTO THE PUNTER
 1 TRIPPING
 10 ILLEGAL BLOCKS ON RETURNS

WE LOST 119 YARDS IN ACTUAL PUNT RETURNS DUE TO PENALTIES (PLUS THE YARDAGE ASSESSED BY THE PENALTIES) FOR A TOTAL OF 216 YARDS.

B) IMPROVE OUR KICKOFF RETURNS 19.1 AVERAGE (NFL AVERAGE 20.3)

#35 ALVIN HALL
 #83 ROBBIE MARTIN
 (COMBINED)
 21.0 AVERAGE
 20.4 AVERAGE
 20.7 AVERAGE

GOAL AVERAGE 23.+ PER RETURN

C) IMPROVE PUNT RETURNS 8.7 AVERAGE (NFL AVERAGE 8.6)

GOAL AVERAGE 10.+ AVERAGE

D) BLOCKED 2 KICKED IN '81

GOAL BLOCK 4 KICKS PER SEASON.

OUR COVERAGE OF PUNTS AND KICKOFFS IS THE STRENGTH OF OUR SPECIAL TEAMS. WE MUST STRIVE TO BE EVEN BETTER THIS YEAR.

THE AREA WHERE WE CAN HELP OURSELVES THE MOST IS IN IMPROVING OUR PUNT AND KICKOFF RETURN TEAMS. IMPROVEMENT HERE IS OUR NUMBER ONE PRIORITY IN '82. START NOW TO DEDICATE YOURSELF TO THIS GOAL.

KICKOFF COVERAGE RULES

IT IS MOST IMPORTANT AND OF GREAT ADVANTAGE FOR EVERY MEMBER OF THE DETROIT LIONS TO KNOW AND UNDERSTAND ALL OF THE KICKING RULES THAT AFFECT OR APPLY TO EACH PHASE OF THE KICKING GAME.

KICKOFF AND RECEIVING

1. A KICKOFF IS NOT A LEGAL KICK UNLESS THE KICK TRAVELS TEN YARDS OR MORE OR HAS BEEN TOUCHED BY RECEIVERS. ONCE THE BALL IS TOUCHED BY RECEIVERS, IT IS A FREE BALL AND BELONGS TO THE RECOVERY TEAM. RECEIVERS MAY RECOVER AND ADVANCE. THE KICKING TEAM MAY RECOVER, BUT NOT ADVANCE UNLESS THE RECEIVERS HAD POSSESSION OF THE BALL.

2. A KICKOFF, WHICH GOES OUT OF BOUNDS INSIDE THE TWO GOAL LINES WITHOUT BEING TOUCHED BY THE RECEIVING TEAM, MUST BE RE-KICKED (FIVE YARD PENALTY). IF TOUCHED LAST BY THE RECEIVING TEAM, IT IS THEIR BALL AT THE IN BOUND SPOT. THE LAST TOUCHING IS THE IMPORTANT THING EVEN THOUGH IT MAY HAVE BEEN TOUCHED BY BOTH TEAMS.

3. ON ANY KICKOFF, A MEMBER OF THE KICKING TEAM MAY USE HIS HANDS OR ARMS TO WARD OFF A BLOCKING OPPONENT OR TO PUSH HIM OUT OF THE WAY IN AN ACTUAL LEGAL ATTEMPT TO RECOVER THE BALL, BUT NOT IN THE FIRST TEN YARDS, UNLESS IT WAS TOUCHED BY THE RECEIVING TEAM (PUSH - DON'T PULL).

4. THE KICKOFF IS A FREE BALL ONCE IT TRAVELS TEN YARDS. IF THE RECEIVING TEAM LETS IT ROLL, FALL ON IT. IT IS OURS! IF RECOVERED IN THE END ZONE, IT IS A TOUCHDOWN FOR US.

5. RUNNING INTO (BLOCKING) THE KICKER BY THE RETURN TEAM BEFORE HE RECOVERS HIS BALANCE WILL BE AN UNNECESSARY ROUGHNESS PENALTY - LOSS OF 15 YARDS FROM PREVIOUS SPOT.

6. A KICKOFF CAUGHT BY A KICKING TEAM PLAYER AFTER TRAVELING TEN YARDS -

- A. IF RECEIVING TEAM PLAYER COULD HANDLE IT - 15 YARD PENALTY FROM SPOT OF FOUL.

- B. IF RECEIVING TEAM MEMBER IS NOT IN THE AREA TO HANDLE KICK, IT WILL BE A LEGAL PLAY - FIRST AND TEN IN KICKING TEAMS POSSESSION.

7. FREE KICK RECOVERY -

- A. IF A FREE KICK IS RECOVERED BY THE RECEIVING TEAM, IT MAY BE ADVANCED.

- B. IF A FREE KICK IS RECOVERED BY THE KICKING TEAM, (TRAVELS REQUIRED TEN YARDS) BALL MAY NOT BE ADVANCED.

C.P. - UNLAWFUL ADVANCE BY KICKING TEAM RESULTS IN DELAY OF GAME PENALTY.

KICKOFF COVERAGE RULES (Cont.)

8. GENERAL ONSIDE KICK RULE:

- A. NO PLAYER OF THE KICKING TEAM MAY TOUCH OR RECOVER A KICK BEFORE IT HAS CROSSED THE RECEIVING TEAM'S RESTRAINING LINE, UNLESS BEFORE DOING SO, IT WAS FIRST TOUCHED BY THE RECEIVING TEAM.
- B. NO PLAYER OF THE KICKING TEAM WHO HAS GONE OUT OF BOUNDS MAY TOUCH OR RECOVER A KICK BEFORE IT IS POSSESSED BY THE RECEIVING TEAM.

COACHING POINTS - KICKOFF COVERAGE

- 1. CHECK PERSONNEL - EACH MAN IS RESPONSIBLE FOR COUNTING 11 MEN ON THE FIELD - AND CHECKING FOR HIS COUNTERPART.
- 2. DON'T BE OFFSIDE - END MEN CHECK ALIGNMENT.
- 3. IT IS A FREE KICK IF BALL TRAVELS TEN YARDS OR IF TOUCHED BY A RECEIVING TEAM PLAYER.
- 4. YOU WILL RUN PAST MOST POTENTIAL BLOCKERS..... IF YOU RUN. C.P. - OUT RUN CROSS BLOCKERS.
- 5. STAY IN COVERING LANES RELATIVE TO THE FOOTBALL.
- 6. EVADE EARLY BLOCKERS THE BEST WAY YOU CAN AND RETURN TO PROPER LANE. C.P.- RUN AROUND BLOCKERS TO SIDE OF KICKOFF OR RETURN.
- 7. RUN THROUGH BLOCKERS IMMEDIATELY IN FRONT OF BALL CARRIER. C.P. - WEDGE STRAIGHT AT YOU - MUST ATTACK WEDGE, (SEE ACETATE DESCRIPTION).
- 8. CONTAIN MEN DON'T COVER BEYOND THE BALL, CONVERGE ON BALL FROM OUTSIDE IN. C.P. - CONTAIN MEN MUST BE ALERT FOR A REVERSE OR UNUSUAL RETURNS.
- 9. VS. A SIDE LINE RETURN - OFFSIDE MEN MUST KNOW WHEN TO TAKE CUTOFF ANGLE. (REMEMBER YOUR FIRST RESPONSIBILITY IS TO CONTAIN.)
- 10. KNOW YOUR ONSIDE AND SQUIB KICK RESPONSIBILITIES. KNOW WHO FOLDS AS SAFETY AND CONTAIN.
- 11. ANTICIPATE AND RECOGNIZE BLOCKING PATTERNS. (KEY THE FRONT FIVE. BUT ALWAYS BE IN A POSITION TO CARRY OUT YOUR RESPONSIBILITY.
- 12. INITIALLY DEFEND THE FIELD. ONCE THE RETURN HAS BEEN DEFINED, DEFEND THE FOOTBALL. (CONVERGE)
- 13. DON'T OVER RUN THE FOOTBALL.
- 14. EXPECT EVERY KICK TO BE RETURNED OUT OF THE END ZONE - NEVER LET UP.

COACHING POINTS - KICKOFF COVERAGE (Cont.)

15. "KICKOFF COVERAGE IS AN ALL OUT SPRINT" SPEED IS IMPORTANT, BUT THE INTENT TO MAKE THE TACKLE IS EVEN MORE IMPORTANT.
16. SPRINT TO THE CONTROL POINT AND BREAKDOWN.
17. YOU CAN'T BE BLOCKED BY THE FIRST MAN - YOU MUST AVOID THE FIRST BLOCKER.
18. DON'T ALLOW THE COVERAGE TO BECOME BUNCHED ON SQUIB KICKOFFS - AND YOU MAY HAVE TO TAKE BLOCKERS ON MORE RAPIDLY.

TAKE ON THE SECOND MAN YOU ENCOUNTER WITH YOUR INSIDE ARM MAINTAINING LEVERAGE ON THE FOOTBALL. HE CAN'T CUT YOU, SO HE SHOULD NOT BE ABLE TO BLOCK YOU.

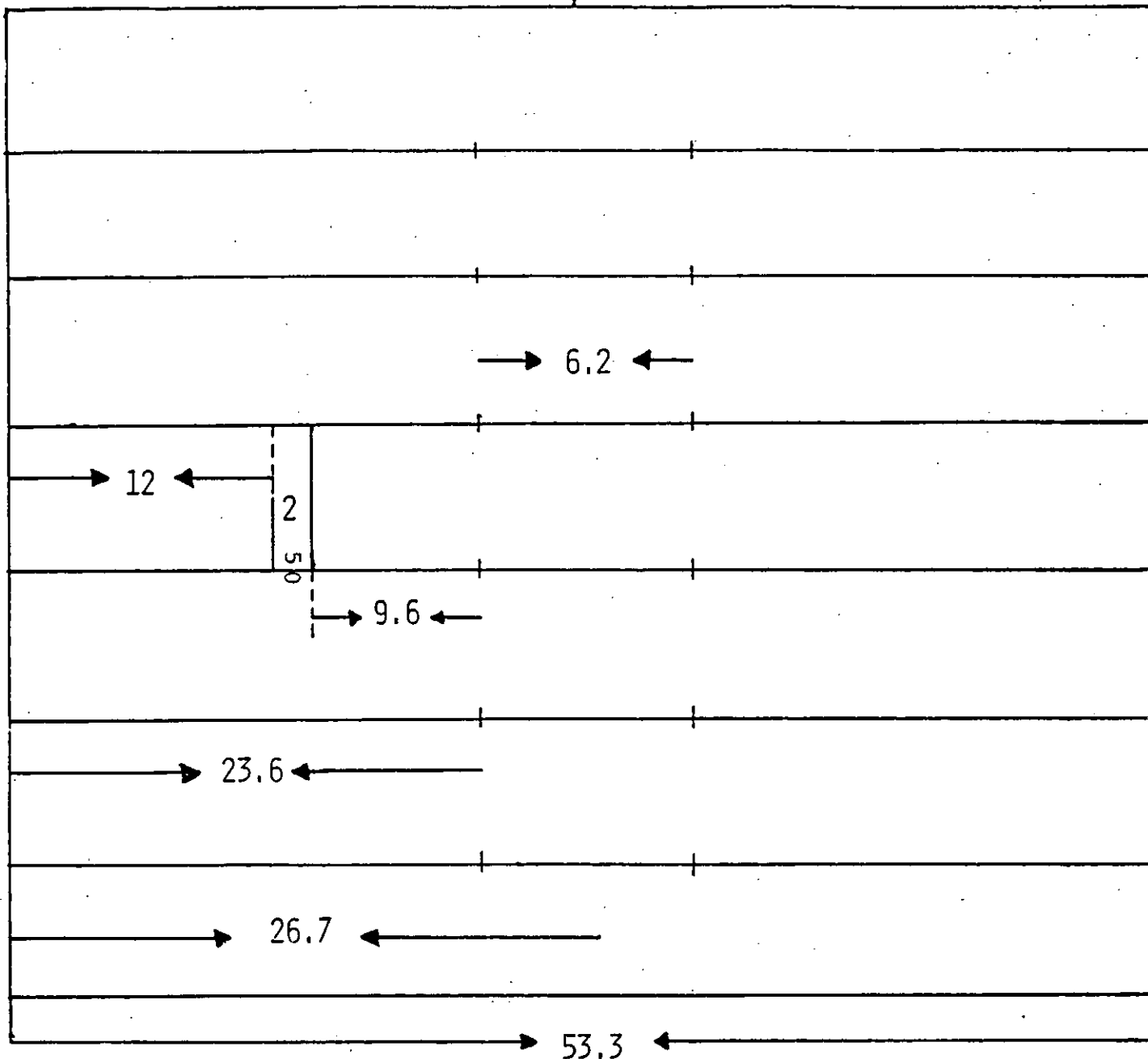
MAKE SOMETHING HAPPEN

- A) A KICKOFF INTO THE END ZONE (NOT RETURNED).
- B) A TACKLE INSIDE THE 23 YARD LINE.
- C) CAUSE A FUMBLE.
- D) RECOVER A FUMBLE.
- E) "LIGHTS OUT" OR EXTRA EFFORT.

KICKOFF COVERAGE AVERAGE 1981

M/M	5 KICKOFFS	19.8 AVERAGE	TB 3x	
M/R	8 KICKOFFS	14.5		
M/L	12 KICKOFFS	20.6 AVERAGE	TB 3x	OB 1x
R/L	15 KICKOFFS	21.9 AVERAGE	TB 3x	
R/R	13 KICKOFFS	14.0 AVERAGE	TB 4x	OB 5x
L/L	3 KICKOFFS	23.6 AVERAGE		
SQUIBS	10 KICKOFFS	15.7 AVERAGE		OB 1x

FIELD MEASUREMENTS



NOTE: All measurements are in yards.

FIELD MEASUREMENTS

IT IS IMPORTANT FOR US TO UNDERSTAND THE MARKINGS ON THE FIELD. IT WILL ENABLE YOU TO ALIGN ACCURATELY AND MAINTAIN PROPER FIELD COVERAGE.

WHEN YOU LINE UP FOR A KICKOFF THERE SHOULDN'T BE ANY CONFUSION ABOUT YOUR ALIGNMENT. THE ABOVE DIAGRAM IS A SUFFICIENT REFERENCE. IN THE DIAGRAMS TO FOLLOW, WE WILL DESCRIBE YOUR ALIGNMENTS AND MAKE REFERENCE TO THE SIDELINE, NUMBERS, HASH MARKS AND MIDDLE OF THE FIELD.

1981 NATIONAL FOOTBALL LEAGUE STATS
VS OPPONENTS' KICKOFF RETURNS - 1981

1)	GREEN BAY	70/16.9
2)	SAN DIEGO	88/17.4
3)	SEATTLE	67/17.6
4)	<u>DETROIT</u>	70/18.0
5)	WASHINGTON	69/18.5
6)	KANSAS CITY	68/19.1
7)	ATLANTA	67/19.2
	NEW YORK GIANTS	50/19.2
8)	NEW ORLEANS	50/19.3
9)	NEW ENGLAND	68/19.5
10)	BALTIMORE	43/20.1
11)	CINCINNATI	80/20.2
12)	MIAMI	60/20.3
	MINNESOTA	62/20.3
13)	HOUSTON	59/20.4
14)	SAN FRANCISCO	67/20.7
15)	TAMPA BAY	64/20.8
	BUFFALO	61/20.8
16)	ST. LOUIS	55/21.1
17)	DALLAS	71/21.2
18)	CHICAGO	44/21.3
19)	DENVER	47/21.4
20)	OAKLAND	49/21.8
21)	PHILADELPHIA	60/22.2
22)	NEW YORK JETS	63/22.5
23)	PITTSBURGH	52/24.1
	LOS ANGELES	60/24.1
24)	CLEVELAND	45/25.7

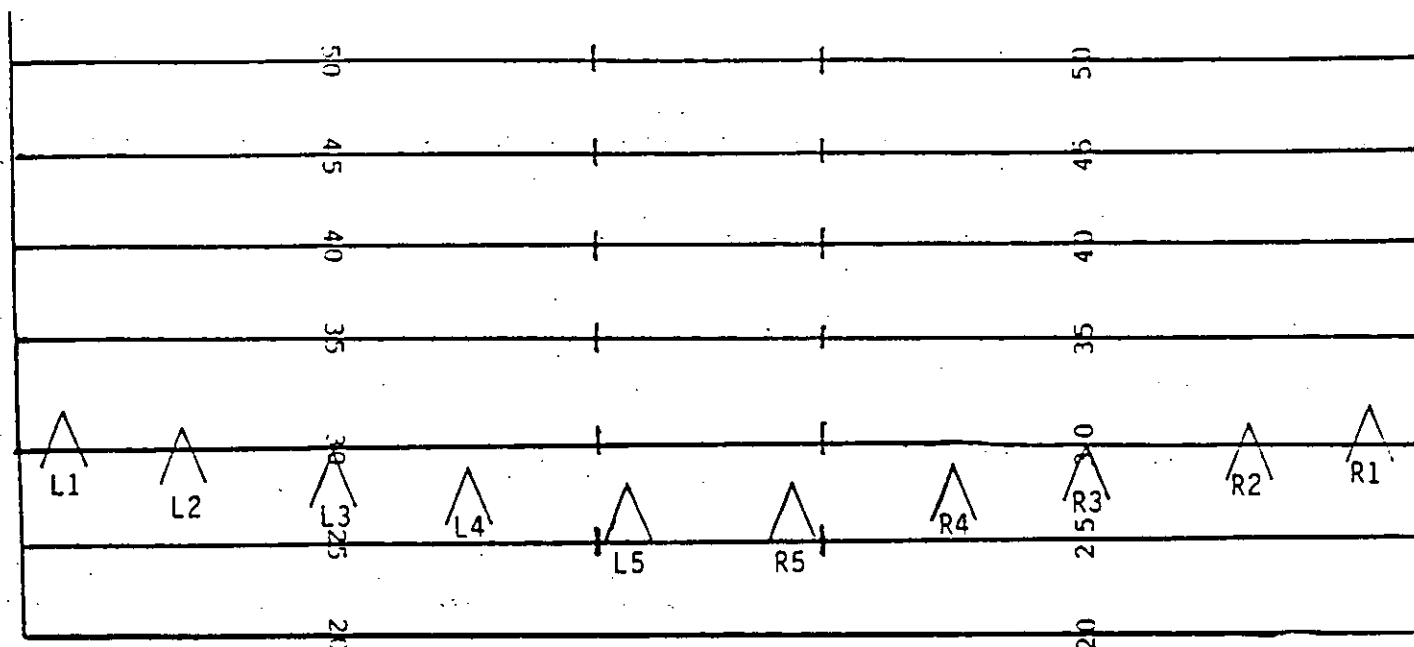
VS OPPONENTS KICKOFF RETURNS - 1981

NFC

1)	GREEN BAY	70/16.9
2)	<u>DETROIT</u>	70/18.0
3)	WASHINGTON	69/18.5
4)	NEW YORK GIANTS	50/19.2
	ATLANTA	67/19.2
5)	NEW ORLEANS	50/19.3
6)	MINNESOTA	62/20.3
7)	SAN FRANCISCO	67/20.7
8)	TAMPA BAY	64/20.8
9)	ST. LOUIS	55/21.1
10)	DALLAS	71/21.2
11)	CHICAGO	44/21.3
12)	PHILADELPHIA	60/22.2
130	LOS ANGELES	60/24.1

AFC

1)	SAN DIEGO	88/17.4
2)	SEATTLE	67/17.6
3)	KANSAS CITY	68/19.1
4)	NEW ENGLAND	68/19.5
5)	BALTIMORE	43/20.1
6)	CINCINNATI	80/20.2
7)	MIAMI	60/20.3
8)	HOUSTON	59/20.4
9)	BUFFALO	61/20.8
10)	DENVER	47/21.4
11)	OAKLAND	49/21.8
12)	NEW YORK JETS	63/22.5
13)	PITTSBURGH	52/24.1
14)	CLEVELAND	45/25.7



NOTE: HUDDLE - KICKER CALLS DIRECTION OF KICK AND COVERAGE.
 EXAMPLE: KICKOFF RIGHT TO LEFT - BASIC.

1. ALIGNMENT

- A) LINE UP IN THE SHAPE OF A HALF MOON, FACING IN, HANDS ON KNEES, KEYING THE KICKER. THE SPACING BETWEEN PLAYERS IS FOUR AND ONE-HALF YARDS WITH L1 AND R1 BEING FOUR AND ONE-HALF YARDS FROM THE SIDE LINE.
- B) THE L5 AND R5 MEN WILL ALIGN WITH THEIR BACK FOOT 10 YARDS FROM THE BALL. (25 YARD LINE)
- C) THE L4 AND R4 MEN ALIGN WITH THEIR RACK FOOT ON THE FRONT FOOT OF THE L5 AND R5 MEN. (26 YARD LINE)
- D) THE L3 AND R3 MEN ALIGN WITH THEIR BACK FOOT ON THE FRONT FOOT OF THE L4 AND R4 MEN. (27 YARD LINE)
- E) THE L2 AND R2 MEN ALIGN WITH THEIR BACK FOOT ON THE FRONT FOOT OF THE L3 AND R3 MEN. (28 YARD LINE)
- F) THE L1 AND R1 MEN ALIGN WITH THEIR BACK FOOT ON THE FRONT FOOT OF THE L2 AND R2 MEN. (29 YARD LINE)
 C.P. ALIGN AT DEPTH NECESSARY TO HIT THE 35 YD. LINE ON THE RUN

- 2. SEE THE KICKER AS HE APPROACHES THE BALL. TURN AND RUN WHEN THE KICKER CROSSES YOUR FACE. DON'T BE OFF-SIDES. COME LATE AND COME HARD.
- 3. MAINTAIN SPACING AS YOU COVER. DO NOT OPEN GAPS HORIZONTALLY OR VERTICALLY. STAY IN YOUR LANES. THE CLOSER YOU GET TO THE CONTROL POINT, THE LESS FREEDOM YOU HAVE TO AVOID BLOCKS. CONVERGE ON THE FOOTBALL FROM OUTSIDE IN. SPRINT TO A POINT WHERE YOU CAN MAKE A DECISION TO BRING YOURSELF UNDER CONTROL AND CONVERGE ON THE FOOTBALL. CONTAIN MEN STAY SQUARE COVER TO A POINT EVEN WITH THE FOOTBALL.

KICKOFF COVERAGE - PROCEDURE (Cont.)

4. MAKE SURE THE KICK IS IN THE END ZONE AND WILL NOT BE BROUGHT OUT BEFORE YOU LET UP. BE ALERT FOR REVERSES, LATERAL PASSES, AND TRICK PLAYS. MAKE THE PLAY.
5. KICKER - YOU'LL BE A SAFETY - AND YOUR FINAL CONTROL POINT WILL BE DETERMINED BY THE TYPE OF RETURN.
 - A) IF RETURN IS INSIDE THE NUMBERS - MIRROR BALL CARRIER. HEAD UP ON THE BALL, FORMING THE APEX OF A TRIANGLE WITH THE OTHER TWO SAFETIES (APPROXIMATELY 15 YARDS OFF THE FOOTBALL).
 - B) IF THE BALL IS RETURNED OUTSIDE THE NUMBERS, YOU BECOME THE SAFETY TO THE SIDE OF THE RETURN (HALF THE FIELD).

(BASIC) KICKOFF ASSIGNMENTS

1. KICKER

THE KICKER GETS THE BEST HEIGHT/DISTANCE RATIO POSSIBLE, THEN BECOMES SAFETY, DEPENDING ON RETURN. YOU MUST HELP DELAY ANY LONG RUN UNTIL PURSUIT ARRIVES. WORK WITH PURPOSE IN PRACTICE TO BE ABLE TO MAKE THIS PLAY.

2. L1 AND R1

SPRINT IN YOUR LANES FOR AT LEAST 30 YARDS, YOU ARE THE CONTAIN FIRST. IF THE FOOTBALL IS RETURNED OUTSIDE THE NUMBERS, MAINTAIN LEVERAGE ON THE BALL FROM THE OUTSIDE IN. YOU MUST NEVER GET BEATEN TO YOUR OUTSIDE. BE ALERT FOR REVERSES, GIMMICKS ANY UNUSUAL PLAYS. IF THE BALL IS RETURNED INSIDE THE NUMBERS, YOU BECOME A SAFETY YOUR FINAL CONTROL POINT AND RESPONSIBILITY IS DEPENDENT UPON THE RETURN.

- A) STACK (5 AND 5) ON #2, BE READY TO MAKE PLAY INSIDE OR OUTSIDE.
- B) BALL RETURNED OUTSIDE NUMBERS AWAY - BECOME A SAFETY IN YOUR HALF OF THE FIELD.
- C) IF BALL IS RETURNED UP THE MIDDLE, YOU'RE THE OUTSIDE MAN OF THREE SAFETIES FORMING A TRIANGLE ON THE FOOTBALL.
C.P. YOUR THOUGHT PROGRESSION, CONTAIN FIRST, SAFETY SECOND.

3. L2 AND R2

SPRINT IN YOUR LANE. ATTACK THE BALL CARRIER FROM OUTSIDE IN. CLOSE GRADUALLY AS YOU GET CLOSER TO THE BALL. IF IT'S A WEDGE RETURN AWAY FROM YOU, COME AROUND THE BACK OF THE WEDGE AS TIGHT AS POSSIBLE. KEEP LEVERAGE OUTSIDE IN AS YOU PURSUE. MAKE THE TACKLE - RETURN YOUR WAY OUTSIDE THE NUMBERS, #1 WILL BE CONTAIN STILL ATTACK THE BALL CARRIER WITH INSIDE SHOULDER. VS. A RETURN INSIDE THE NUMBERS, YOU ARE PRIMARY CONTAIN.

4. L3 AND R3

SPRINT IN YOUR LANE. ATTACK THE BALL CARRIER FROM THE OUTSIDE IN. STAY TO YOUR SIDE OF THE BALL. PENETRATE THE BLOCKING SCHEME OR WEDGE. MAKE THE TACKLE.

(BASIC) KICKOFF ASSIGNMENTS (Cont.)

5. L4 AND R4

SPRINT IN YOUR LANE. KEEP OUTSIDE LEVERAGE ON THE BALL CARRIER. IF WEDGE RETURN, ATTACK OUTSIDE MAN IN WEDGE, USING 2-GAP TECHNIQUE. MAKE THE TACKLE.

6. L5 AND R5

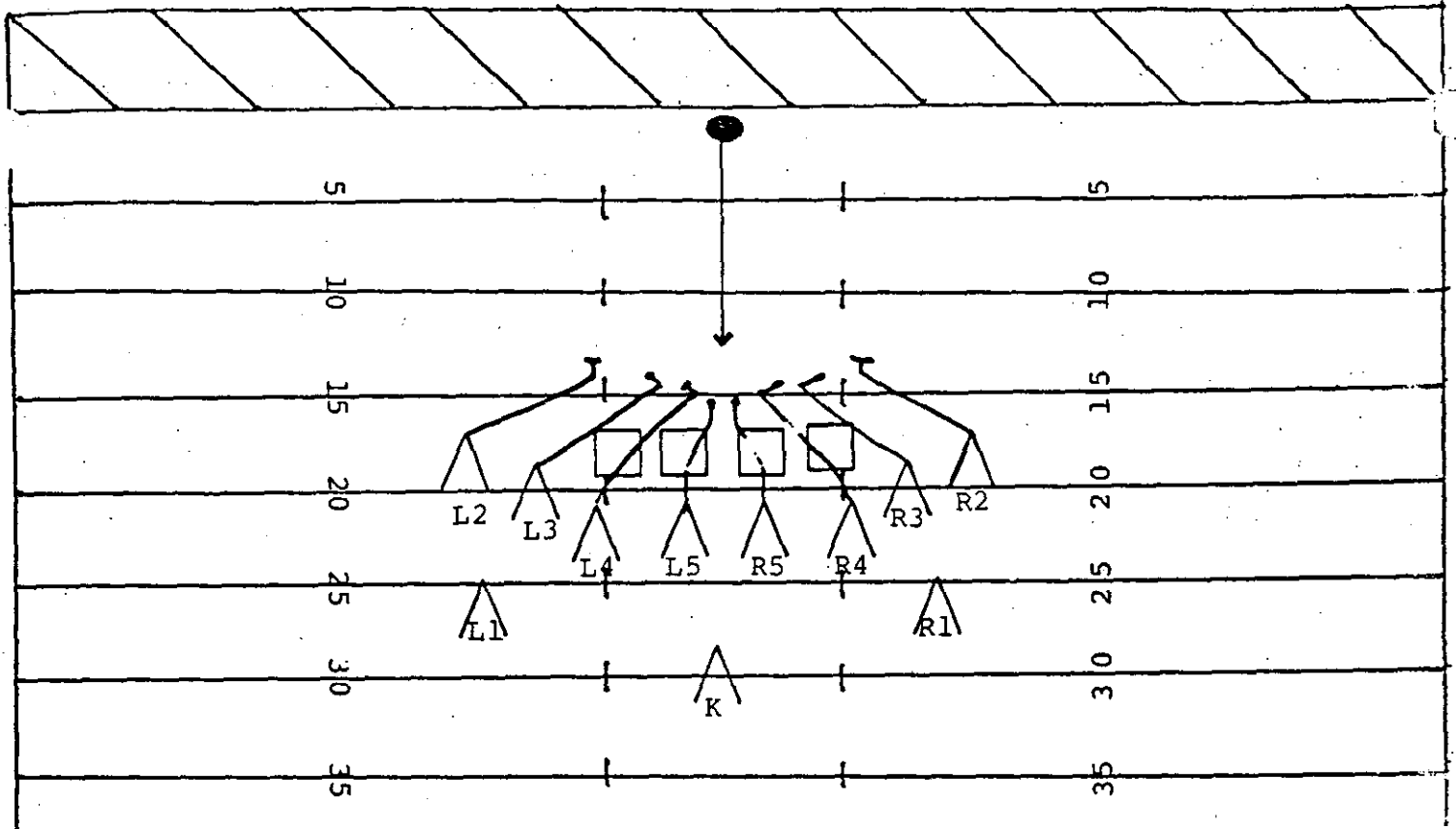
SPRINT IN YOUR LANE. KEEP INSIDE OUT LEVERAGE ON THE BALL CARRIER. IF WEDGE RETURN, ATTACK INSIDE MAN YOUR SIDE USING A 2-GAP TECHNIQUE. MAKE THE TACKLE.

7. KICKOFF PROGRESSION:

- A) ALIGN PROPERLY.
- B) GET PROPER TAKE-OFF (DON'T BE OFF-SIDE).
- C) SPRINT IN YOUR LANE.
- D) AVOID BLOCKERS - GET BACK IN YOUR LANE (TO SIDE OF RETURN).
- E) READ KEYS FOR RETURN SCHEME.
- F) CHECK REVERSE AND GIMMICKS.
- G) BREAK DOWN 5 YARDS FROM FOOTBALL (CONTROL POINT).
- H) STAY ON YOUR FEET (NEVER BE BLOCKED ONE ON ONE).
- I) PENETRATE.
- J) MAKE THE TACKLE.

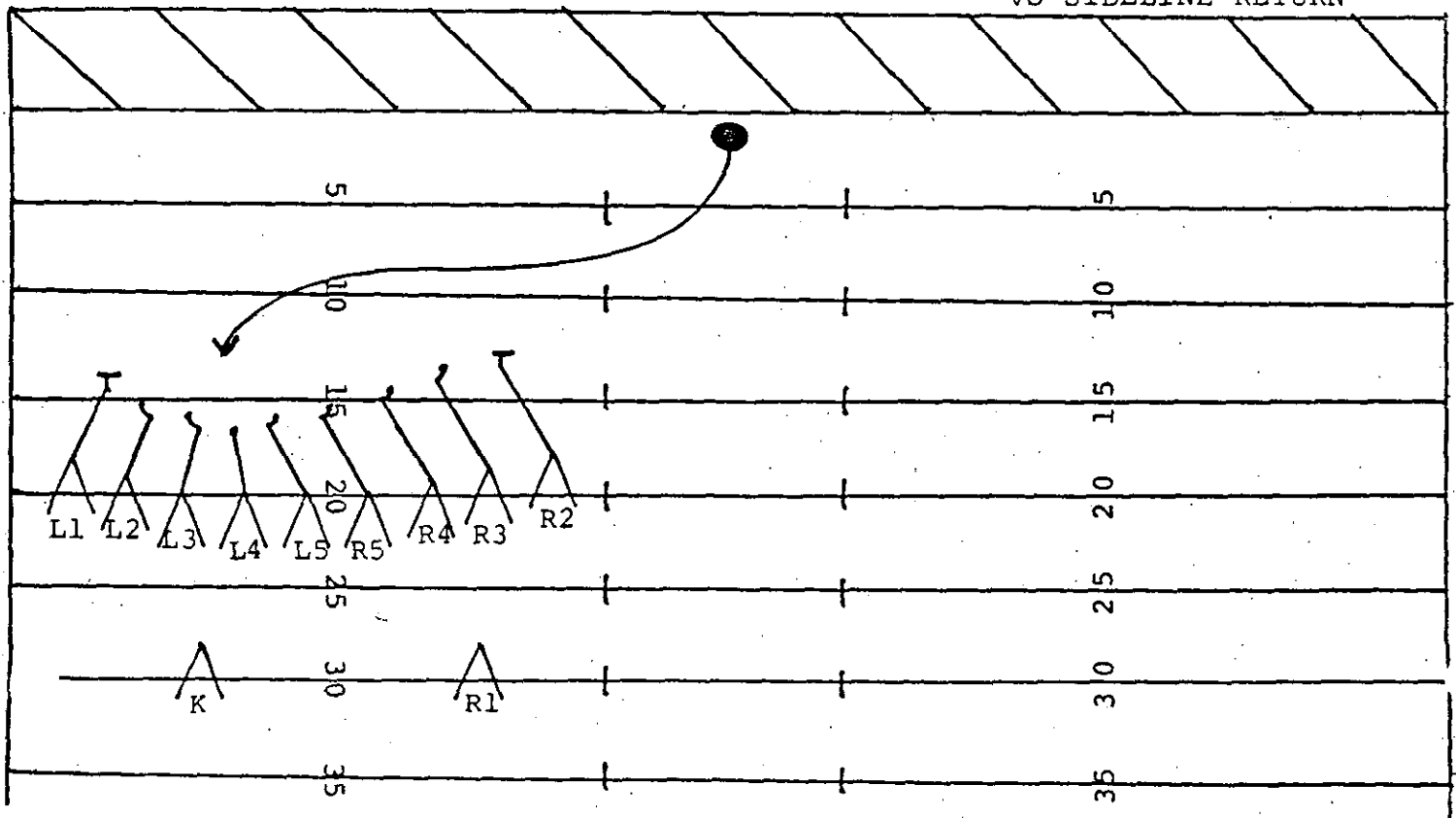
BASIC KICKOFF COVERAGES

VS WEDGE

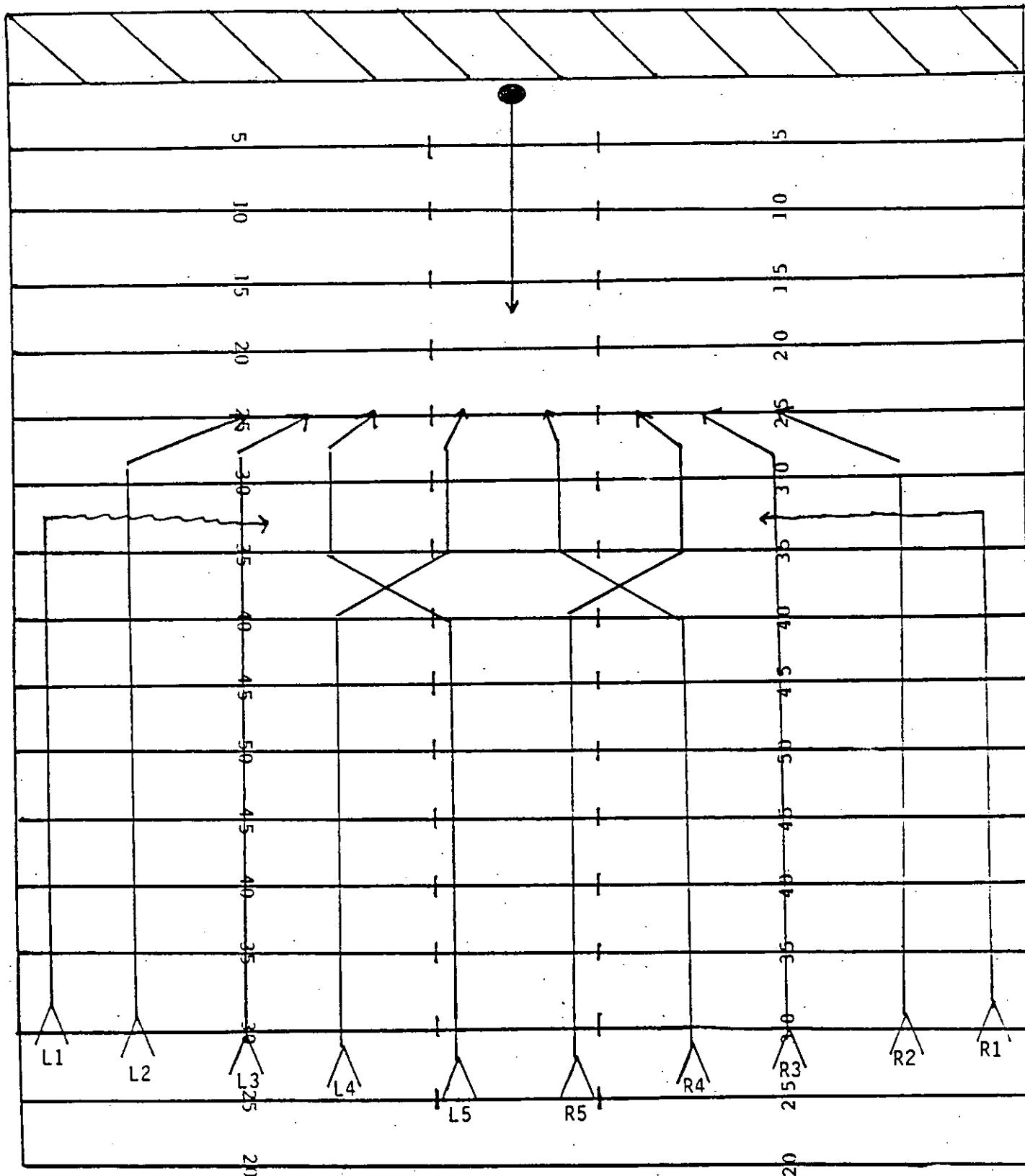


ILLUSTRATES FINAL LEVERAGE POSITION ON THE BALL.

VS SIDELINE RETURN



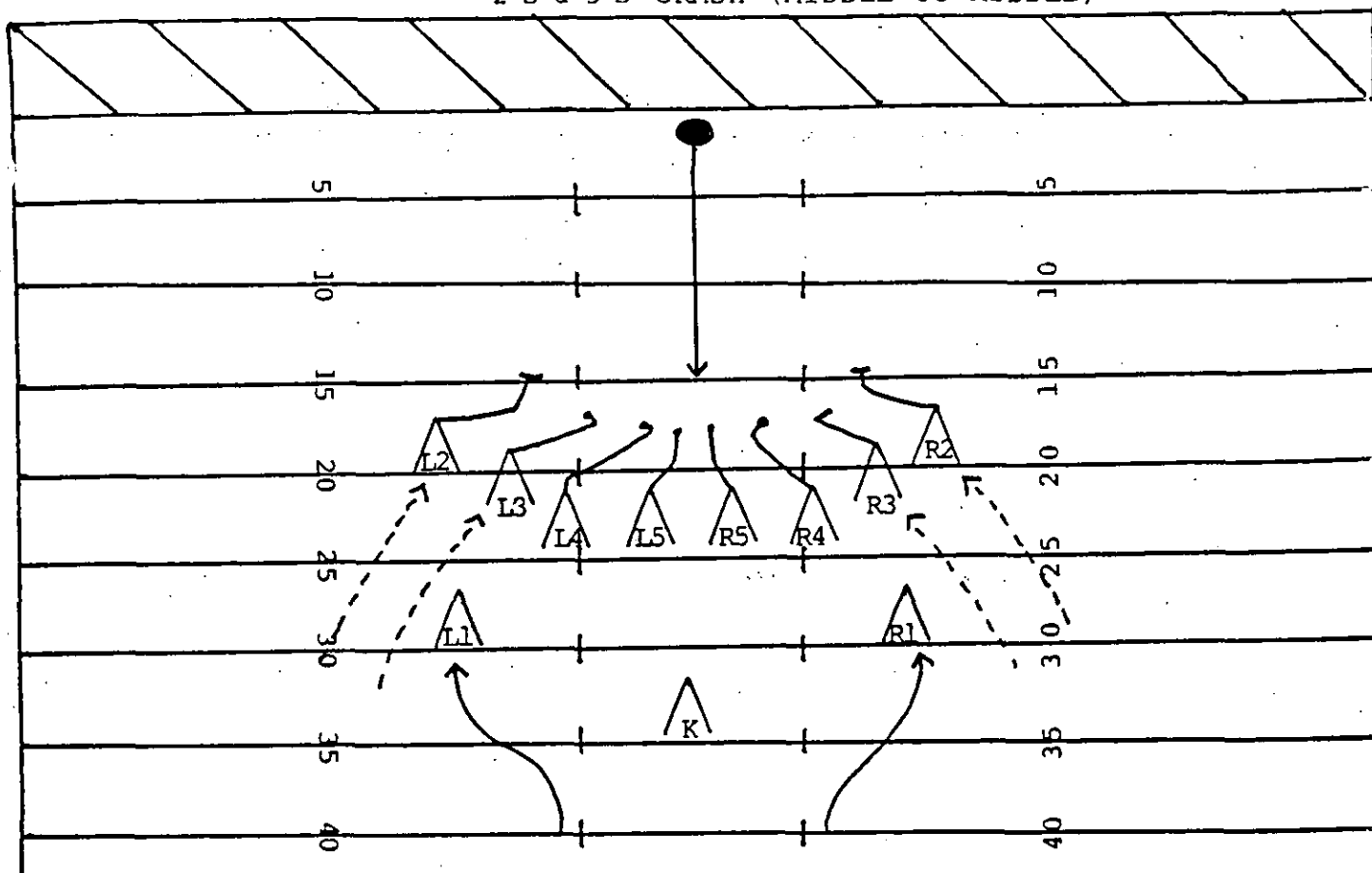
BASIC COVERAGE 4'S AND 5'S CROSS



C.P. - WHEN CROSSING MAKE SURE YOU CAN GET BACK IN YOUR LANE.

- A) WE HAVE THE FLEXIBILITY TO CROSS MEN IN COVERAGE LANES, WE DO THIS LATE AFTER THE OPPONENT'S FRONT 5 HAS ESTABLISHED THEIR DROPS IN THE RETURN SCHEME.
- B) IT PRESENTS CONFUSION IN BLOCKING ASSIGNMENTS.

2'S & 3'S CRASH (MIDDLE TO MIDDLE)



1. KICKER (SAME AS BASIC)
THE KICKER GETS THE BEST HT/DISTANCE RATIO POSSIBLE, THEN BECOMES THE SAFETY. MIRROR DIRECTLY IN FRONT OF THE BALL CARRIER BEHIND THE FIRST WAVE. YOU MUST HELP DELAY ANY LONG RUN UNTIL PURSUIT ARRIVES. WORK WITH PURPOSE IN PRACTICE TO BE ABLE TO MAKE THIS PLAY.
2. L2 AND R2
SPRINT IN YOUR LANE. AFTER 30-35 YARDS, BEGIN TO CLOSE SHARPLY AT AN ANGLE TO ALLOW YOU TO INTERCEPT THE BALL CARRIER WITH HARD INSIDE SHOULDER TACKLE. BE ALERT FOR REVERSES, GIMMICKS AND UNUSUAL PLAYS.
3. L3 AND R3
SPRINT IN YOUR LANE. AFTER 30-35 YARDS, BEGIN TO CLOSE SHARPLY AT AN ANGLE WHICH WILL BE SLIGHTLY AHEAD OF THE BALL CARRIER. YOU ARE TO FORCE THE RUNNER TO TRY AND CUT OUTSIDE YOU INTO L2 AND R2.
4. L1 AND R1 ALIGN INSIDE OF #2 AND #3 YOUR SIDE
SPRINT IN YOUR LANE. HUSTLE ALL THE WAY TO THE MAN WHO WILL ATTEMPT TO BLOCK YOU. JUST AS YOU GET THERE, WIDEN ONLY AS MUCH AS NECESSARY TO BE IN CONTAIN POSITION. C.P. EMPLOY SAFETY OR CONTAIN TECHNIQUES AS ON BASIC COVERAGE - USING THE NUMBERS AS LANDMARKS.
5. L4 AND R4 (SAME AS BASIC)
SPRINT IN YOUR LANE. KEEP OUTSIDE LEVERAGE ON THE BALL CARRIER. IF IT'S A WEDGE RETURN, ATTACK THE OUTSIDE MAN IN THE WEDGE - USING A 2-GAP TECHNIQUE. MAKE THE TACKLE.
6. L5 AND R5 (SAME AS BASIC)
SPRINT IN YOUR LANE. KEEP INSIDE OUT LEVERAGE ON THE BALL CARRIER. IF IT'S A WEDGE RETURN, ATTACK THE INSIDE MAN ON YOUR SIDE. (USE 2-GAP TECHNIQUE)

C.P. BEST WHEN USED VS. MIDDLE WEDGE RETURN - WITH A MIDDLE TO MIDDLE KICKOFF.

ON-SIDE KICKOFF SHIFT (LEFT)

CALL: "ON-SIDE SHIFT LEFT ON THE READY GO"

NOTE: REMEMBER THE KICKER APPROACHES SLOWER - DON'T BE OFFSIDES.
BALL MUST TRAVEL 10 YARDS BEFORE WE CAN TOUCH IT.

L1: ALIGN 2 YARDS INSIDE THE SIDE LINE. PROTECT THE SIDELINE.
DO NOT LET THE BALL GO OUT OF BOUNDS. RECOVER THE KICK.

L2: ALIGN CLOSE TO L1. RECOVER THE KICK. IF BALL IS RIGHT ON
SIDELINE, BE READY FOR REBOUND. FALL ON A BOUNCING KICK.

L3: ALIGN CLOSE TO L2. BLOCK THE END MAN ON THE RETURN TEAM.

L4: ALIGN CLOSE TO L3. RECOVER THE KICK. FALL
ON A BOUNCING BALL.

L5: ALIGN CLOSE TO L4. BLOCK SECOND WIDEST MAN ON THE
RETURN TEAM.

R5: ALIGN CLOSE TO L5. BLOCK THE THIRD WIDEST MAN ON
THE RETURN TEAM.

R4: ALIGN CLOSE TO R5. RECOVER THE KICK. LOOK
FOR A LOOSE BALL COMING BACK AWAY FROM THE SIDELINE.

R3: ALIGN CLOSE TO R4. RECOVER THE KICK. LOOK FOR A LOOSE BALL
COMING BACK AWAY FROM THE SIDELINE.

R2: MOVE SLOWLY UPFIELD. YOU ARE CONTAIN MAN TO YOUR SIDE. FORCE
THE BALL CARRIER BACK TO THE INSIDE.

R1: START FORWARD UNTIL THE BALL IS KICKED. AS YOU SEE IT GOING
OPPOSITE YOU, THEN BEGIN A SAFETY MOVE GOING ACROSS BEHIND
THE KICKOFF UNIT.

C.P.: IN SHIFTING, FILL IN NEXT TO THE MAN ON THE SIDE OF
THE CALL.

C.P.: SHIFT IN FRONT OF THE KICKER SO PROPER TIMING MAY BE
EXECUTED.

KICKER: PLACE TEE IN BEST LATERAL POSITION TO ACCOMPLISH OUR GOAL.
KICK TO AREA CALLED FOR IN HUDDLE. AFTER THE KICK, DROP OUT
AND BECOME A SAFETY TO THE BALL.

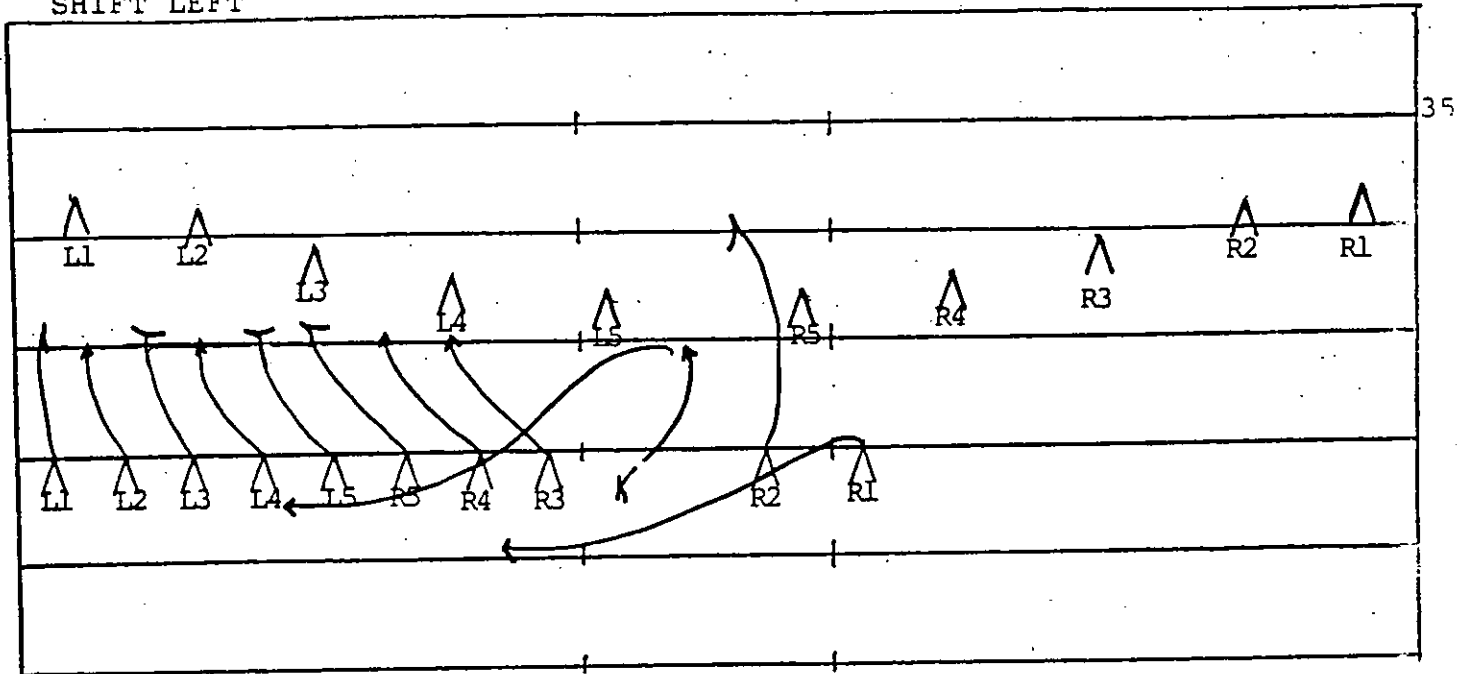
NOTE: WE WILL SHIFT TO OUR ALIGNMENT WHEN KICKER GIVES SIGNAL
"READY GO".

CHECK WITH ME ON-SIDE KICK (CALLED FROM BENCH)

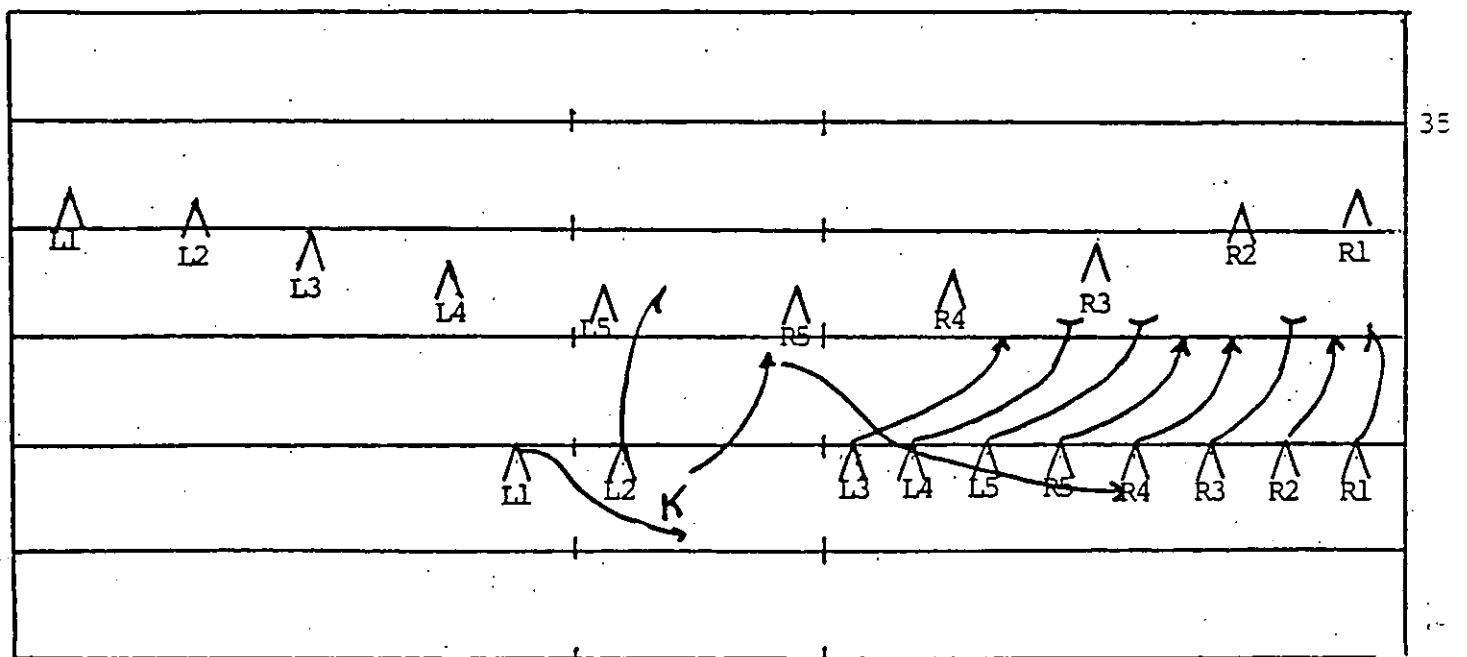
AN ON-SIDE KICK SITUATION - IF THEY ARE LEAVING A DEEP AREA OPEN AND
COVERING THE SHORT AREA, WE WANT THE FLEXIBILITY TO CHECK TO A DEEP
ON-SIDE KICK.

ONSIDE - KICKOFF SHIFT

SHIFT LEFT



SHIFT RIGHT



ON-SIDE KICKOFF SURPRISE

OUR KICKER WILL ALIGN AS IF KICKING MIDDLE TO LEFT OR MIDDLE TO RIGHT. OUR KICKER'S APPROACH WILL BE SLOWER ON AN ON-SIDE KICK. DON'T BE OFFSIDES. TIME IT UP.

AN EFFECTIVE METHOD IN EXECUTION OF THE KICK IS TO KICK THE TOP OFF THE FOOTBALL - HITTING IT ABOUT TWO-THIRDS UP ON THE BALL. DRIVING IT TOWARD THE BOUNDARY PAST THE 45 YARD LINE. WHEN THE BALL IS KICKED IN THIS FASHION, IT WILL TAKE TWO SMALL HOPS AND THE THIRD ONE WILL BE A LARGE BOUNCE ENABLING US TO RECOVER THE KICK ON THE BIG HOP. (C.P.: THERE ARE ALSO OTHER EFFECTIVE METHODS IN KICKING AN ON-SIDE KICK SUCH AS HITTING IT WITH THE SIDE OF YOUR FOOT AND DRIVING IT TO THE BOUNDARY.)

EXAMPLE: SURPRISE ON-SIDE LEFT.

KICKER: EXECUTE A RECOVERABLE ON-SIDE KICK AND BECOME A SAFETY TO THE BALL.

L1: PROTECT THE BOUNDARY. DO NOT LET THE GO OUT OF BOUNDS.

L2: RECOVER THE KICK. IF THE BALL IS RIGHT ON THE BOUNDARY, BE READY FOR THE REBOUND. FALL ON A BOUNCING KICK.

L3: BLOCK THE END MAN ON THE RETURN TEAM.

L4: RECOVER THE KICK. FALL ON A BOUNCING BALL.

L5: BLOCK THE SECOND WIDEST MAN ON THE RETURN TEAM.

R5 & R4: START FORWARD UNTIL THE BALL IS KICKED - AS YOU SEE THE KICK GOING OPPOSITE YOU, BEGIN MOVING AS A SAFETY ACROSS BEHIND THE KICKOFF UNIT.

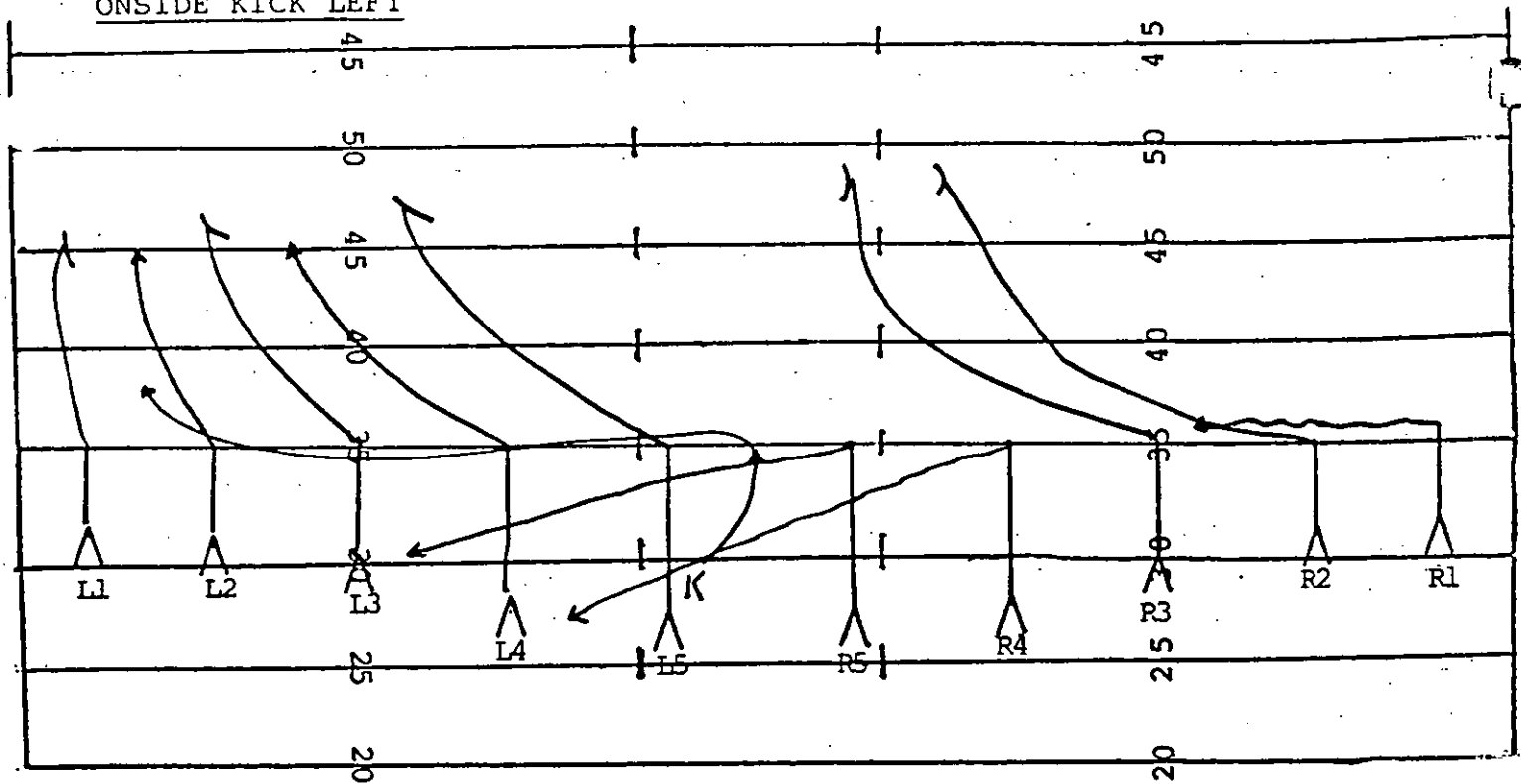
R3 & R2: YOU ARE THE CONTAIN MEN TO YOUR SIDE, FORCE THE BALL CARRIER BACK TO THE INSIDE.

R1: START IN LANES AS IN NORMAL KICKOFF COVERAGE AND BECOME OFFSIDE SAFETY. TAKE PROPER ANGLES TO THE FOOTBALL.

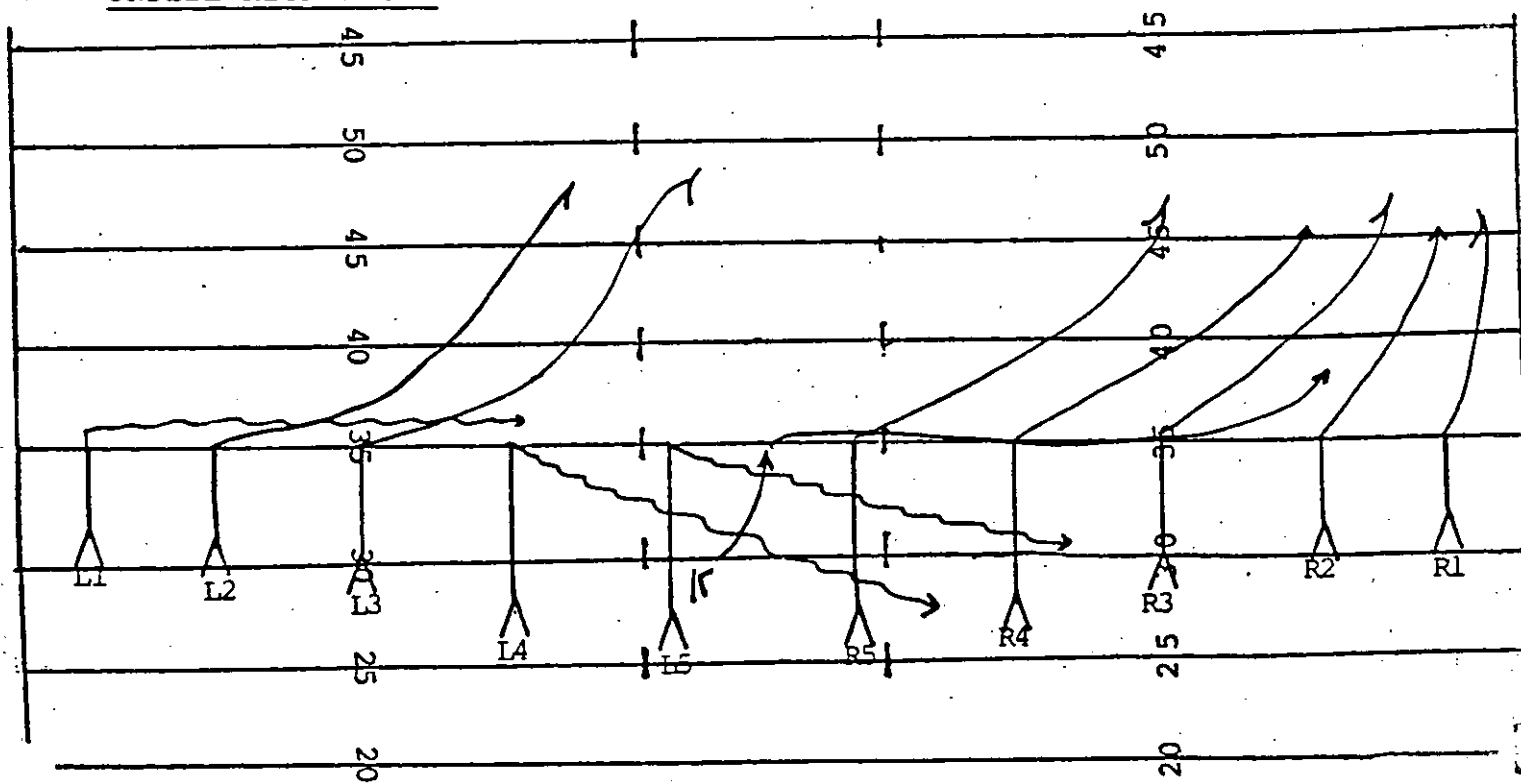
C.P. - L1 & R1 PROTECT THE BOUNDARY - KEEP THE BALL IN BOUNDS.

ONSIDE KICK (SURPRISE)

ONSIDE KICK LEFT



ONSIDE KICK RIGHT

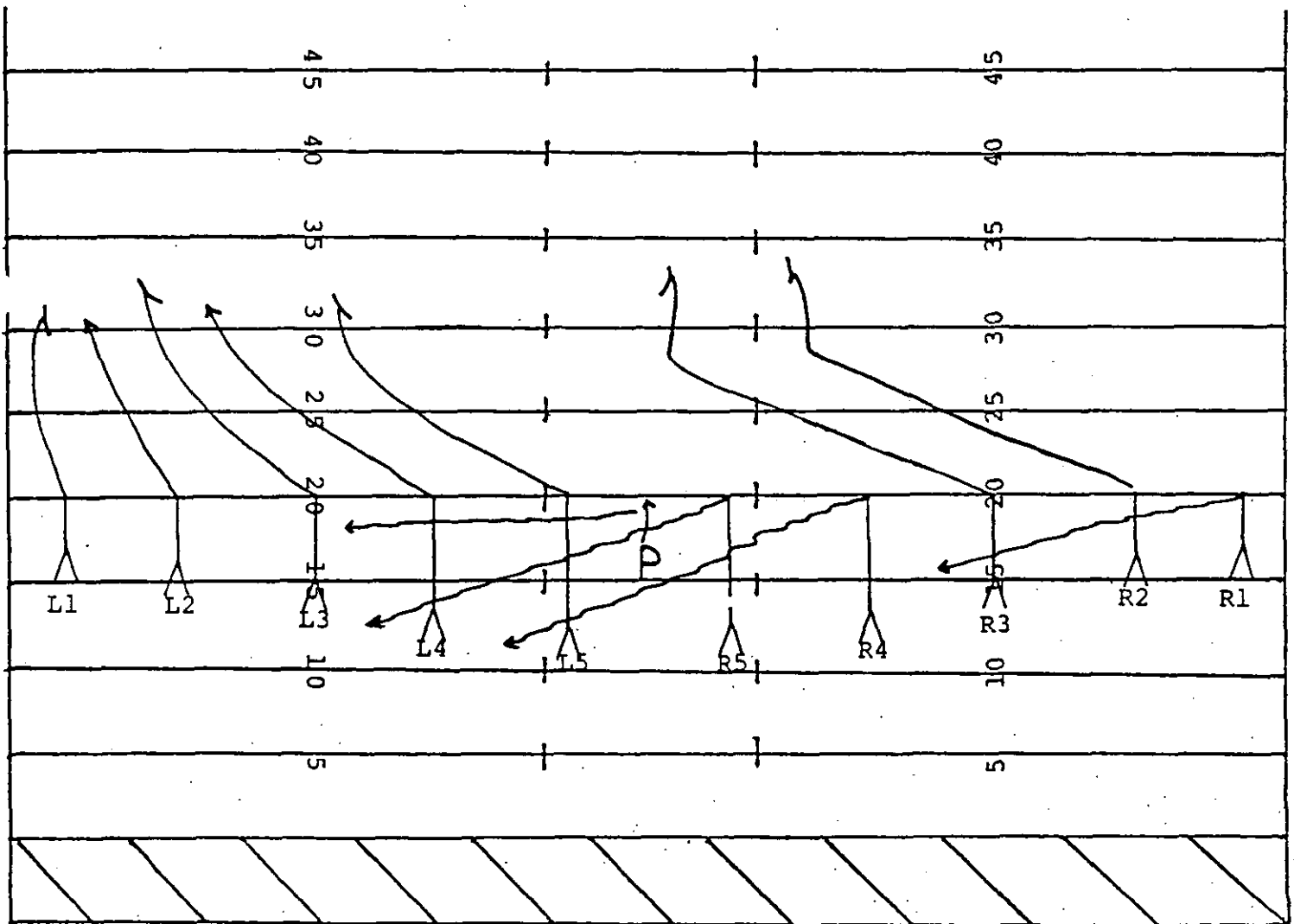


ONSIDE PUNT AFTER A SAFETY

THERE MAY BE AN OCCASION AFTER A SAFETY IN WHICH AN ONSIDE PUNT WOULD BE NECESSARY. IT WOULD BE USED OF COURSE AS AN ELEMENT OF SURPRISE DUE TO THE TACTICAL SITUATION, AND OUR OPPONENTS WOULD NOT ANTICIPATE AN ONSIDE ATTEMPT FROM OUR PUNTER.

WE WILL ALIGN IN OUR BASIC KICKOFF COVERAGE, TIMING IT UP ON PUNTER'S MOVEMENT. THE PUNTER WILL TAKE HIS NORMAL STEPS. HOWEVER HE WILL HOLD THE BALL CLOSER TO HIS BODY WHICH WILL ENABLE HIM TO KICK ACROSS THE BALL - DRIVING THE BALL TO HIS LEFT WITH A LOW TYPE BOUNCING KICK.

C.P. - IF OPPONENTS ARE ANTICIPATING AN ONSIDE KICK, WE WILL THEN PUNT AWAY. PUNTER, CHECK WITH THE BENCH FOR SIGNAL TO KICK AWAY. INFORM MEMBERS OF COVERAGE UNIT YOU ARE PUNTING AWAY.



RESPONSIBILITIES SAME AS ONSIDE KICKOFF SURPRISE.

DEEP ONSIDE KICKOFF

IN OUR KICKOFF COVERAGE, WE WILL EXPLOIT OUR OPPONENT'S RETURN TEAM THAT WILL NOT COVER THE BOUNDARY FROM THE 35 TO 30 YARD LINES.

ALL ASSIGNMENTS FOR OUR KICKOFF COVERAGE WILL REMAIN THE SAME. THE ONLY DIFFERENCE WILL BE THE TYPE OF KICKOFF.

OUR KICKER WILL HIT A HIGH TYPE KICK THAT WILL DROP NEXT TO THE BOUNDARY. IT WILL BE HANDLED IN THE AIR OR TAKE ONE HOP AND L1 (R1) WILL STEP OUT OF BOUNDS.

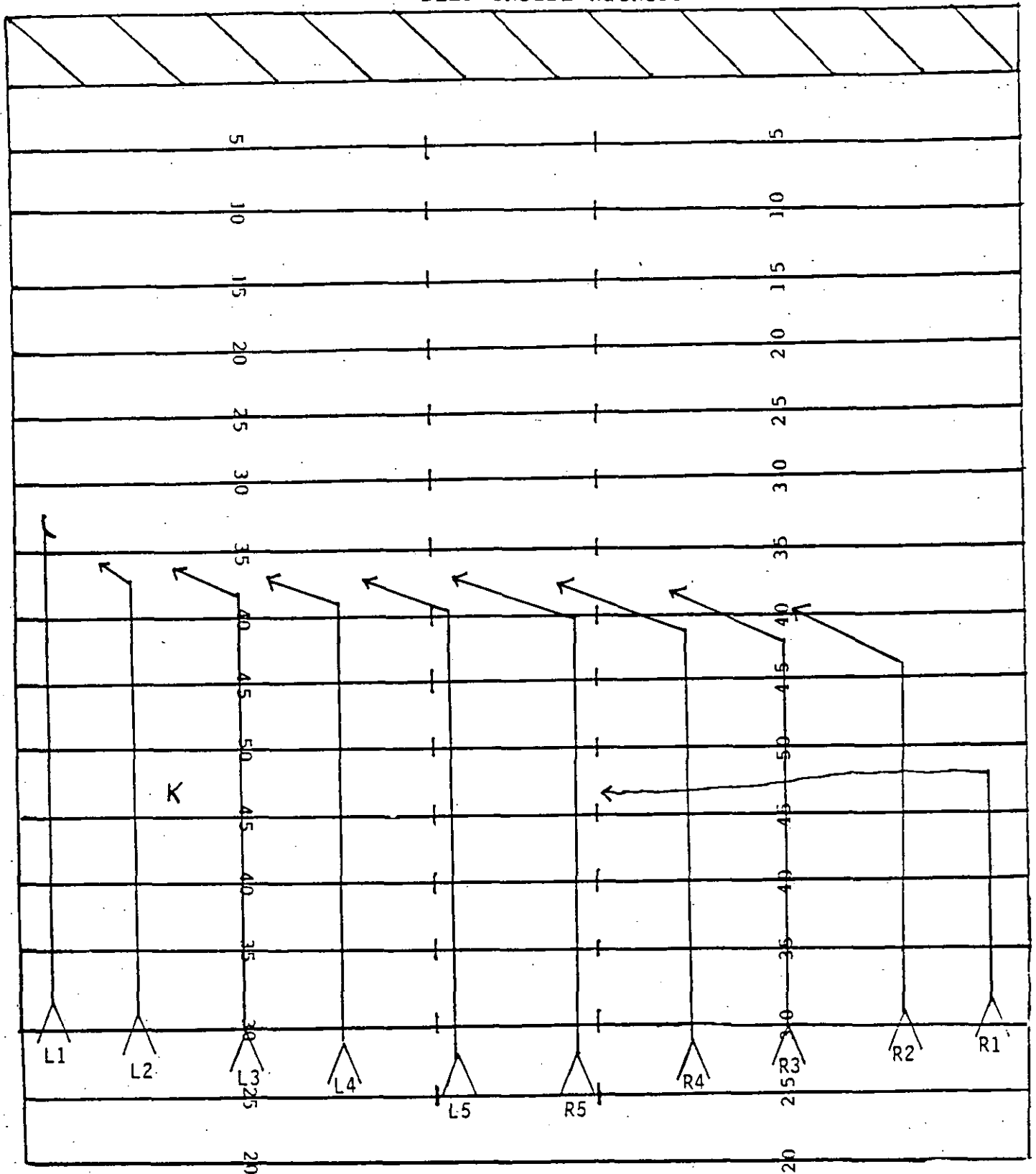
IF OUR OPPONENTS DO HANDLE THIS TYPE OF KICKOFF, THEY'LL HAVE TO COME A LONG WAY TO FIELD IT. IT WOULD CREATE THE FOLLOWING:

- 1) FORCE A FAIR CATCH.
- 2) COVERAGE UNIT WILL CAUSE A FUMBLE.
- 3) A POOR RETURN AND STILL HAVE OUR OPPONENTS IN RELATIVELY GOOD FIELD POSITION.
- 4) WE RECOVER THE FOOTBALL.

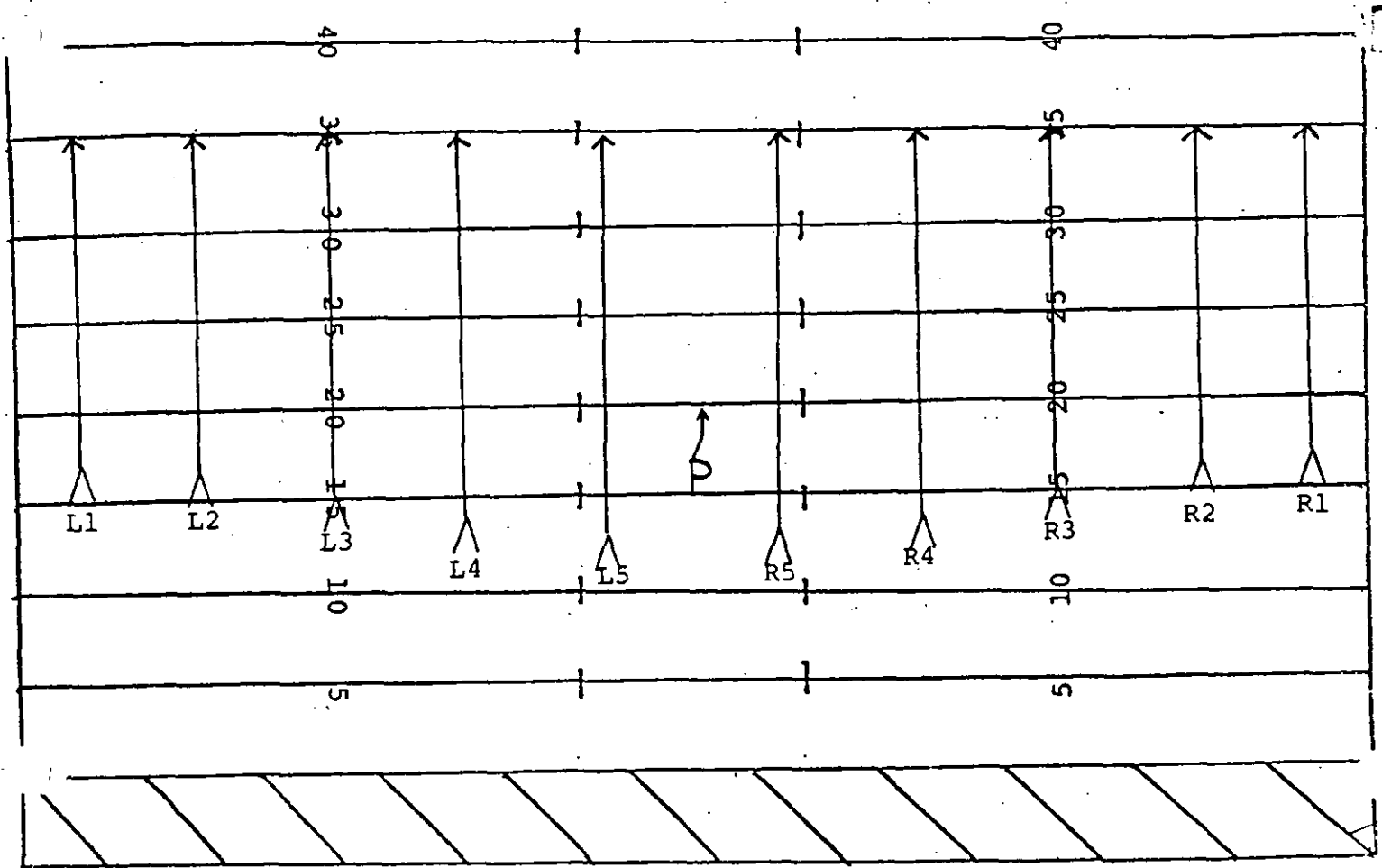
C.P. - KICKER BECOME A SAFETY TO SIDE OF THE DEEP ONSIDE - HALF THE FIELD COVERAGE.

C.P. - DEPENDENT ON OPPONENTS ONSIDE RECEIVING ALIGNMENT, WE WILL HAVE THE FLEXIBILITY OF USING A REGULAR ONSIDE (SURPRISE OR SHIFT) OR AUDIBLE TO A DEEP ONSIDE.

DEEP ONSIDE KICKOFF

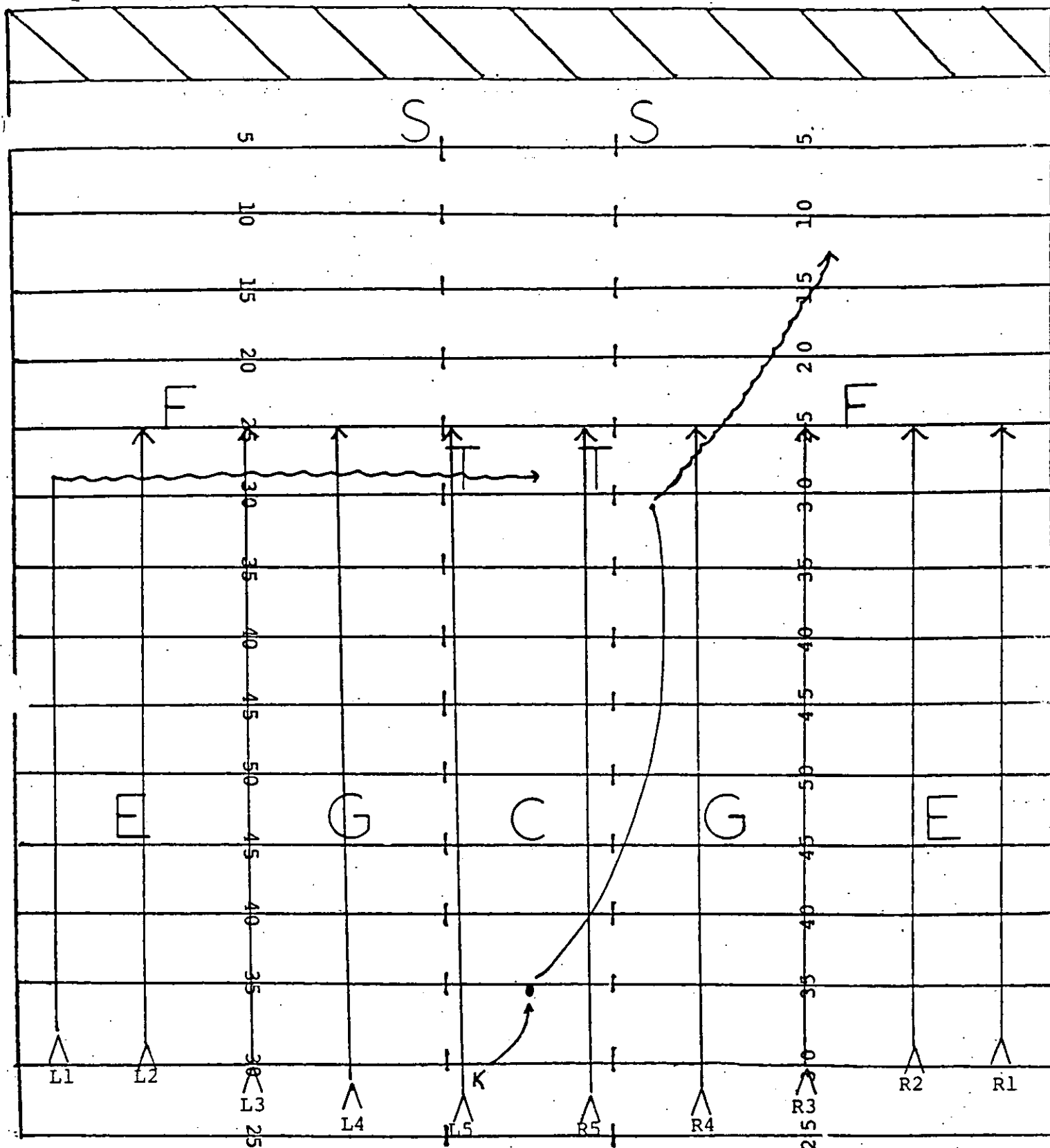


KICKOFF AFTER A SAFETY



PROCEDURE

- 1) OUR NORMAL KICKOFF UNIT WILL BE USED
- 2) WE WILL ALIGN THE SAME AS IN BASIC KICKOFF COVERAGE.
- 3) THE RESTRAINING LINE IS THE 20 YARD LINE. BE SURE YOU ARE NOT OFFSIDES. C.P.; YOU MUST STAY BEHIND THE PUNTER.
- 4) WE WILL USE OUR PUNTER.
- 5) BE ALERT TO A SLOWER RHYTHM BY OUR PUNTER.
- 6) OUR BASIC COVERAGE TECHNIQUES WILL BE EMPLOYED.
- 7) GREAT COVERAGE IS REQUIRED SINCE THE RETURN TEAM WILL HAVE GOOD FIELD POSITION.



VS. OPPONENTS ANTICIPATING AN ONSIDE KICK - A SQUIB KICKOFF IS BEST.

- A) TANDEM SAFETIES SQUIB IT TO THE CORNERS.
- B) SIDE BY SIDE SAFETIES SQUIB IT DOWN THE MIDDLE.
- C) OR KICK AWAY FROM A SPECIFIC RETURNER.

C.P. - IF THE WEDGE IS SPREAD OUT, SQUIB KICK DOWN THE MIDDLE.
IF THE WEDGE IS TIGHT, SQUIB KICK OURSIDE OR SQUIB AWAY FROM
A SPECIFIC RETURNER.

KICKER WILL SIGNAL THE DIRECTION OF THE SQUIB.

BASIC RULES AFFECTING THE KICKOFF RECEIVING TEAM

1. YOU MAY FAIR CATCH A KICKOFF JUST AS IN PUNTING SITUATION. THE SAME RULES PREVAIL. IF YOU ARE TO FIELD A SHORT HIGH KICKOFF (DEEP ONSIDE) YOU MAY FAIR CATCH IT.
2. AN ONSIDE KICK TOUCHED BY KICKING TEAM BEFORE IT TRAVELS TEN YARDS (BEFORE IT GOES TO OR CROSSES FREE KICK LINE), IS A FOUL, BUT THE BALL MAY BE ADVANCED BY THE RECEIVING TEAM. IF FUMBLER, A FIVE YARD PENALTY WILL BE ASSESSED TO THE KICKING TEAM - AND REKICKED.
3. FREE KICK RECOVERY -
 - A) ANY FREE KICK RECOVERED BY THE RECEIVING TEAM MAY BE ADVANCED WHETHER OR NOT IT HAS CROSSED THE FREE KICK LINE.
 - B) ANY FREE KICK RECOVERED BY THE KICKING TEAM LEGALLY OR ILLEGALLY, IS DEAD.
 - C) IF A FREE KICK IS SIMULTANEOUSLY RECOVERED BY TWO OPPOSING PLAYERS, THE BALL IS AWARDED TO THE RECEIVING TEAM.
4. DURING A FREE KICK DOWN, OR A KICK FROM SCRIMMAGE, ALL PLAYERS ON THE RECEIVING TEAM ARE PROHIBITED FROM BLOCKING BELOW THE WAIST.
5. A KICKOFF IS TO BE MADE FROM THE 35 YARD LINE. THE RESTRAINING LINE FOR THE RECEIVING TEAM IS 10 YARD AWAY, ON THE 45 YARD LINE.
6. A KICKOFF RECOVERED IN THE END ZONE BY THE KICKING TEAM IS A TOUCHDOWN WHETHER THE RECEIVING TEAM HAS TOUCHED IT OR NOT.
7. ONCE THE RETURN MAN LEAVES THE END ZONE AFTER HANDLING A KICKOFF, HE CANNOT RETURN TO THE END ZONE AND DOWN THE BALL - RULING A SAFETY.
8. RUNNING INTO (BLOCKING) THE KICKER BY THE RETURN TEAM BEFORE HE RECOVERS HIS BALANCE WILL BE AN UNNECESSARY ROUGHNESS PENALTY. PENALTY 15 YARDS FROM PREVIOUS SPOT.

NFL KICKOFF RETURN RANKINGS - 1981

1)	WASHINGTON	67/25.0	
2)	HOUSTON	72/23.9	
4)	ATLANTA	62/22.9	
4)	MIAMI	54/22.7	
5)	NEW ORLEANS	70/21.8	
6)	ST. LOUIS	75/21.7	
7)	CINCINNATI	49/21.6	
8)	CLEVELAND	72/21.3	
9)	PITTSBURGH	53/20.7	
10)	SAN DIEGO	70/20.3	
11)	SAN FRANCISCO	45/20.2	
12)	KANSAS CITY	52/20.1	
13)	OAKLAND	71/19.9	
14)	N.Y. JETS	58/19.8	
	MINNESOTA	67/19.8	
	TAMPA BAY	46/19.8	
15)	BALTIMORE	84/19.7	
16)	N.Y. GIANTS	57/19.6	
17)	PHILADELPHIA	43/19.3	
18)	<u>DETROIT</u>	<u>61/19.1</u>	(RANKED 10TH IN NFL
19)	CHICAGO	64/19.0	1980 - 20.5 AVE.)
	BUFFALO	57/19.0	
20)	DALLAS	53/18.5	
	SEATTLE	69/18.5	
21)	GREEN BAY	58/18.4	
22)	LOS ANGELES	68/18.3	
	NEW ENGLAND	65/18.3	
23)	DENVER	47/17.0	

KICKOFF RETURN AVERAGES - 1981

WEDGE	12 RETURNS - 18.8 AVERAGE
WEDGE AWAY	2 RETURNS - 21.0
DOUBLE ON 5'S	6 RETURNS - 22.3
MIDDLE MAN IT	5 RETURNS - 23.8
RETURN ON HAWKS	8 RETURNS - 18.6 VS GREEN BAY
RETURN ON SIGNAL	11 RETURNS - 21.6
RIGHT RETURN	5 RETURNS - 21.8
LEFT RETURN	2 RETURNS - 23.0

NOTE: RETURN ON SIGNAL COMBINED WITH RIGHT AND LEFT RETURNS

<u>RIGHT</u>	<u>LEFT</u>
8 RETURNS - 22.1 AVE.	9 RETURNS - 22.1 AVE.

ANGLE RIGHT	2 RETURNS - 24.5 AVERAGE
ANGLE LEFT	0 RETURNS
ONSIDE RECEIVING	1 RETURN - 32 YARDS
VS. SQUIBS	3 RETURNS - 8.3 AVERAGE

1981 NATIONAL FOOTBALL LEAGUE STATS

KICKOFF RETURN RANKINGS

NFC

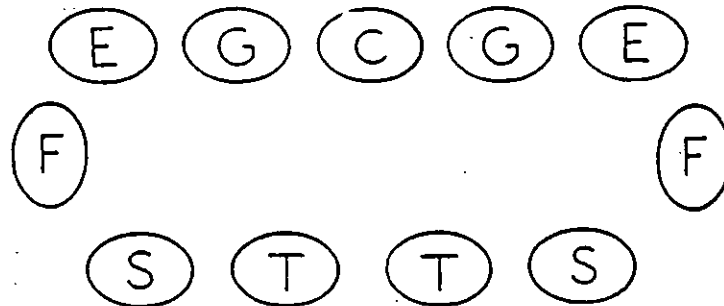
1)	WASHINGTON	67/25.0	
2)	ATLANTA	62/22.9	
3)	NEW ORLEANS	70/21.8	
4)	ST. LOUIS	75/21.7	
5)	SAN FRANCISCO	45/20.2	
6)	TAMPA BAY	46/19.8	
	MINNISOTA	67/19.8	
7)	N.Y. GIANTS	57/19.6	
8)	PHILADELPHIA	43/19.3	
9)	<u>DETROIT</u>	<u>61/19.1</u>	(6TH IN NFC IN '80 -
10)	CHICAO	64/19.0	20.5 AVE.)
11)	DALLAS	53/18.5	
12)	GREEN BAY	58/18.4	
13)	LOS ANGELES	68/18.3	

AFC

1)	HOUSTON	72/23.9
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12)	SEATTLE	69/18.5
13)	NEW ENGLAND	65/18.3
14)	DENVER	47/17.0

COACHING POINTS OF THE KICKOFF RETURN

1. THE KICKOFF RETURN TEAM WILL HUDDLE BEHIND OUR RESTRAINING LINE. SAFETY (OR DESIGNATED MAN) WILL MAKE THE CALL - SIDE OR MIDDLE RETURN.



2. EACH MEMBER OF THE UNIT IS RESPONSIBLE TO CHECK PERSONNEL (COUNT 11 MEN). ALIGN IN YOUR RETURN TECHNIQUE AND SIGNAL TO BENCH FOR ANY MISSING MAN. C.P. - ALSO CHECK COUNTERPARTS.
3. VERSUS A SQUIB KICK, WE WILL AUTOMATICALLY SHORTEN OUR DROPS AND USE A WEDGE RETURN. VERSUS A DEEP ONSIDE KICK, WE WILL ATTACK THE COVERAGE IMMEDIATELY.
4. ON EVERY KICKOFF, ANTICIPATE AN ONSIDE KICK. DO NOT LEAVE YOUR POSITION UNTIL BALL IS KICKED. THE FRONT LINE MUST ALWAYS SEE THE BALL KICKED.
5. IN ORDER TO GAIN PROPER HEAD POSITION ON THE MAN YOU ARE TO BLOCK, IT IS IMPERATIVE YOU LOCATE THE DIRECTION OF THE KICKOFF -
 - A) FIRST SEE THE BALL KICKED AND TAKE A QUICK LOOK TO DETERMINE ITS DIRECTION.
 - B) AFTER GAINING POSITION ON MAN - WE MUST CONCENTRATE ON PLACING OUR HEAD BETWEEN RETURNER AND COVER MAN - IT IS IMPERATIVE WE FINISH OUR BLOCKS.
6. ON ANY SQUIB OR BOUNDING KICK - A NON-RETURNER WILL BACK UP THE RECEIVER.
7. DO NOT CLIP, BLOCK BELOW THE WAIST, OR USE HANDS ILLEGALLY.
 - A) ON PEEL-BACK BLOCKS, ANTICIPATE YOUR MAN TURNING AT THE LAST MOMENT. USE GOOD JUDGEMENT. C.P. - DON'T BLOCK BEHIND THE BALL.
 - B) WE CANNOT AFFORD A 15 YARD PENALTY ON A KICKOFF RETURN. AVOID CLIPPING, BLOCKING BELOW THE WAIST, & ILLEGAL USE OF HANDS.
8. ON A SIDELINE RETURN (LEFT OR RIGHT) WE WILL ALWAYS RETURN THE DESIGNATED WAY UNLESS THE BALL IS KICKED OUTSIDE THE NUMBERS OPPOSITE THE DIRECTION OF THE RETURN. IF THIS OCCURS, OUR SIDE RETURN CONVERTS TO A WEDGE ON THE BALL RETURN, TO THE SIDE OF THE KICK.

WE WILL USE THE NUMBERS AS LANDMARKS TO DETERMINE WHETHER IT WILL BE A SIDE RETURN OR CONVERT TO A WEDGE ON THE BALL RETURN.

FULLBACKS: WHEN A CONVERSION IS APPROPRIATE, YOU'LL MAKE THE CALL TO THE WEDGE AND THE FRONT LINE - CALL "LEFT" "LEFT" "LEFT" OR "RIGHT" "RIGHT" "RIGHT".

COACHING POINTS OF THE KICKOFF RETURN (Cont.)

9. WHEN A "WEDGE ON THE BALL" RETURN HAS BEEN CALLED AND THE BALL IS KICKED TO OUR RIGHT OR LEFT SIDE, THE RETURN WILL TAKE PLACE AT THE RECEPTION POINT. IT IS THE RESPONSIBILITY OF THE WEDGE CAPTAIN TO DIRECT THE WEDGE TO A FRONTAL POSITION ON THE BALL.
10. THE WEDGE WILL COME TO A POSITION ALONG SIDE EACH OTHER ONE YARD APART. DO NOT WAIT ON THE COVERAGE - GO ATTACK 'EM.
11. THE DESIGNATED SAFETY WILL FIELD ALL THE KICKOFFS HE CAN HANDLE.
12. HANDLE EVERY KICKOFF AT ALL TIMES. NEVER LET A KICKOFF LIE FREE IN THE END ZONE OR ON THE FIELD OF PLAY.
13. WE WILL ALWAYS COUNT FROM THE OUTSIDE IN TO DETERMINE THE NUMBERING OF OUR OPPONENT'S KICKOFF COVERAGE.
L1 - L2 - L3 - L4 - L5 - K - R5 - R4 - R3 - R2 - R1
L1 - L2 - L3 - L4 - K - L5 - R5 - R4 - R3 - R2 - R1
14. ON ANY TYPE OF LINE DRIVE KICKOFF AT OUR FRONT LINE, LET IT GO BY. IF THE BALL HITS YOU, RECOVER IT. DO NOT TRY AND ADVANCE IT. THE MIDDLE MAN IN THE FRONT LINE MUST ALIGN OFFSET FROM THE FOOTBALL. ALWAYS BE ALERT FOR A LINE DRIVE K.O. AT YOU.
15. ON ANY SQUIB KICK AT THE SECOND LINE (FULLBACKS) STOP THE PROGRESS OF THE BALL LIKE A SHORT STOP. GET THE BALL STATIONARY BEFORE YOU TRY AND ADVANCE IT. C.P.: TACKLES UNDER NO CIRCUMSTANCE DO YOU TRY AND ADVANCE THE FOOTBALL, MAKE SURE OF POSSESSION. IF YOU ARE CERTAIN THE COVERAGE IS REMOVED, GET THE BALL TO A RETURN MAN OR THE NEAREST FULLBACK.
16. IN RECEIVING A FREE KICK PUNT AFTER A SAFETY, WE WILL SUBSTITUTE THE PUNT RETURNERS FOR THE DEEP SAFETIES.
17. POOR KICKOFF RETURNS IN A GREAT NUMBER OF CASES ARE CAUSED BY LOSS OF CONCENTRATION ON THE MAN YOU ARE TO BLOCK. WHEN SETTING UP OUR RETURNS, CONCENTRATE AND BE INTENSE IN YOUR BLOCKING RESPONSIBILITY, AND ABOVE ALL FINISH YOUR BLOCK.

THE REMAINING SAFETY (NOT FIELDING THE BALL) WILL BE RESPONSIBLE FOR TELLING THE FIELDING SAFETY TO STAY IN THE END ZONE. CALL "STAY-STAY-STAY". HE IS ALSO RESPONSIBLE FOR "GO" CALL TO WEDGE IF WE DO RUN IT OUT.

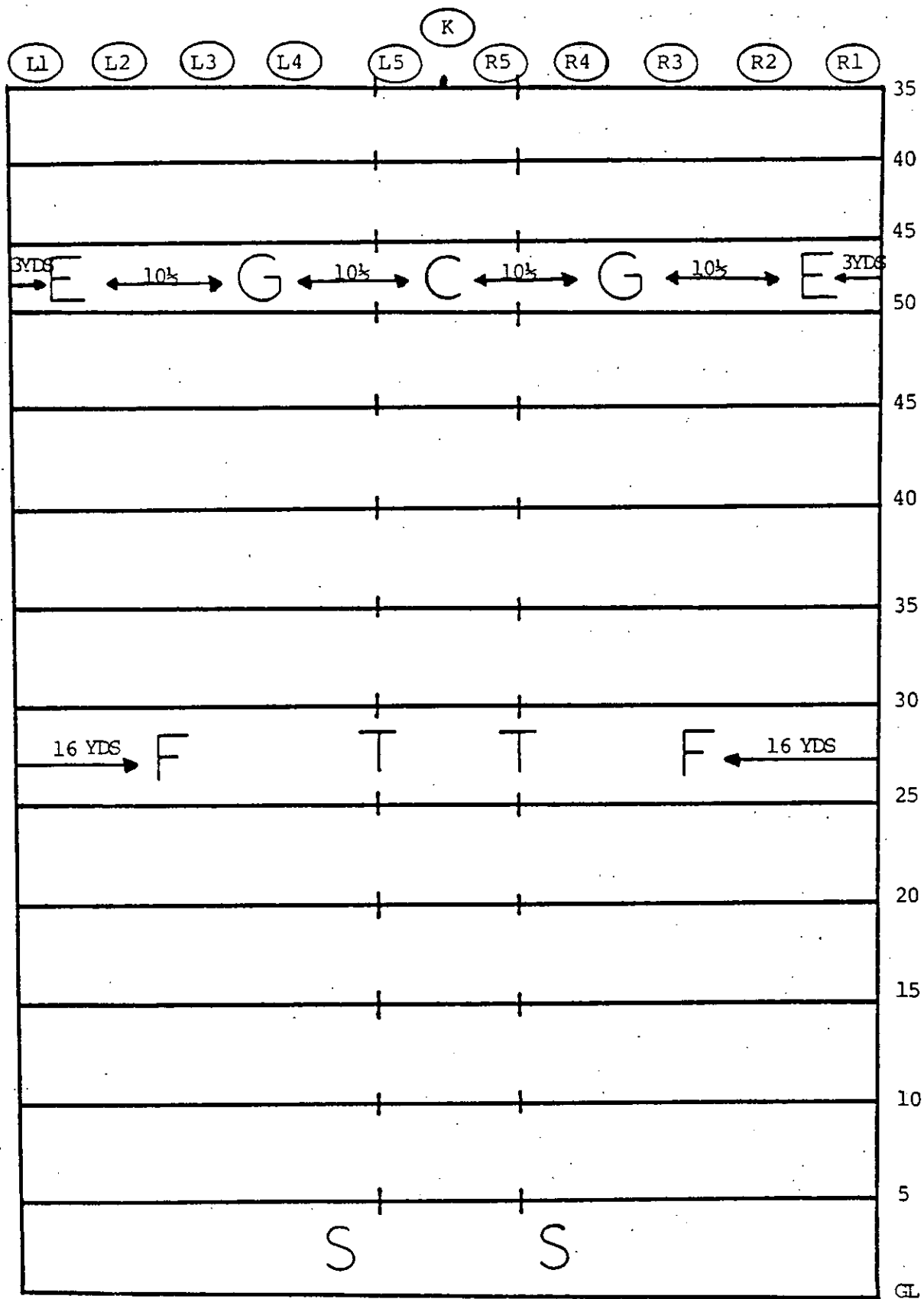
ONE SAFETY WILL BE DESIGNATED AS THE "CALL SAFETY". CALL "ME-ME-ME" "YOU-YOU-YOU". ONLY THE DESIGNATED SAFETY MAKES THE CALL.

THE BALL MUST TRAVEL 10 YARDS OR BE TOUCHED BY THE RECEIVING TEAM BEFORE IT IS A LEGAL KICK (LIVE).
18. CENTER - LOOK FOR OPPORTUNITIES TO SIGNAL FALSE DIRECTION OF RETURNS.
19. OUR FIRST GOAL IS TO SCORE AND OUR SECOND GOAL IS TO AVERAGE OVER 23 YARDS PER RETURN. (WASHINGTON WITH A 25.0 AVE, LEAD THE NFL IN 1981.)

NO PENALTIES, FOR WITH EXTRA EFFORT, THIS CAN BE A GAME BREAKER.

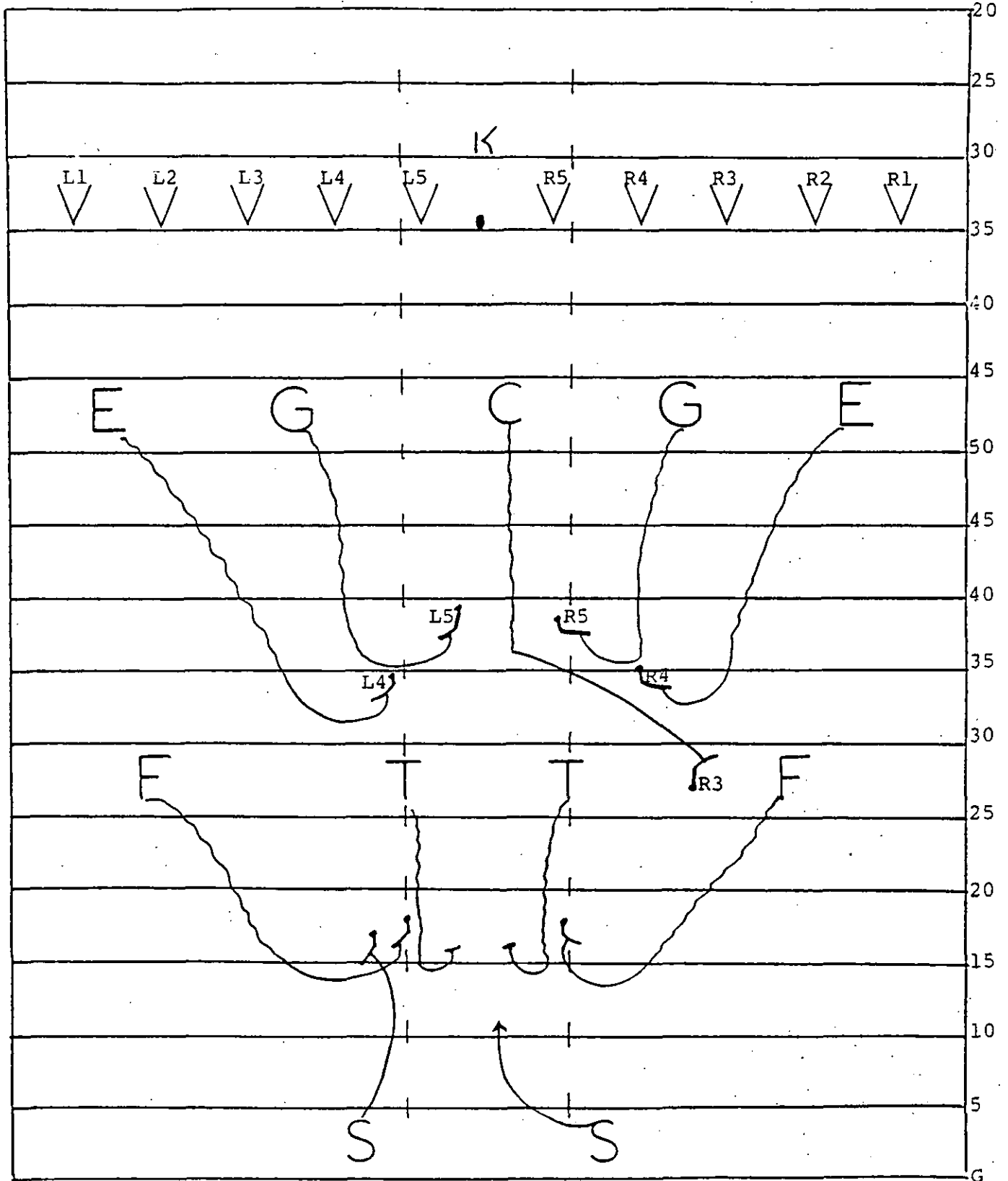
MAKE SOMETHING HAPPEN - SCORE - KICKOFF RETURN PAST THE 30 YARD LINE. GET TWO BLOCKS (OPPONENT ON THE GROUND) ON ONE PLAY.
LIGHTS OUT OR EXTRA EFFORT.

KICKOFF RETURN - BASIC ALIGNMENT



WEDGE ON THE BALL

(18.8 AVE. IN '81)



NOTE: NON-RECEIVING SAFETY IS RESPONSIBLE FOR THE "GO" CALL.

C.P.: DESIGNATED FULLBACK WILL REPEAT THE CALL.

RETURNER - HIT IT LIKE A DIVE PLAY AND BREAK TO OPEN AREA OFF WEDGE BLOCK.

WEDGE ON THE BALL

1. CENTER - SEE THE BALL KICKED, DETERMINE ITS DIRECTION, THEN SPRINT TO BLOCK THE MAN ON A PRE-DETERMINED SIDE EACH WEEK. TIME YOUR BLOCK SO YOU SCREEN OR CUT OFF YOUR MAN SO THAT HE CANNOT FALL BACK INTO THE PLAY. FINISH YOUR BLOCK.
2. LG/RG - SEE THE BALL KICKED, DETERMINE ITS DIRECTION, THEN SPRINT TO A POSITION BLOCK L5/R5 RESPECTIVELY. (POSSIBLE CROSS BLOCK BY GAME PLAN) THE DEPTH OF YOUR DROP IS DETERMINED EACH WEEK BY THE ABILITY OF THE KICKER AND COVER MEN. FINISH YOUR BLOCK.
3. LE/RE - SEE THE BALL KICKED, DETERMINE ITS DIRECTION, THEN SPRINT TO BLOCK THE L4/R4 RESPECTIVELY. FINISH YOUR BLOCK.
4. LT/RT - SEE THE DIRECTION OF THE KICK AND BEGIN TO MOVE IN A POSITION DIRECTLY IN FRONT OF THE BALL ABOUT 10 YARDS AWAY. LISTEN FOR THE WEDGE CAPTAIN'S DIRECTIONS. BE ONE YARD APART FROM OTHERS IN THE WEDGE. C.P.: DO NOT WAIT ON THE COVERAGE - GO ATTACK 'EM. FINISH YOUR BLOCK.
5. FULLBACKS - SEE THE DIRECTION OF THE KICK AND GET TO A POSITION ALONG SIDE OF THE TACKLES IN THE WEDGE. BE ONE YARD OUTSIDE OF THE TACKLES. BE AWARE OF THE CENTER'S ASSIGNMENT AND THE NON-RETURNING SAFETY, SO YOU WILL BE ABLE TO BLOCK MOST EFFICIENTLY. FINISH YOUR BLOCK.

SEE THE BALL KICKED. ONE OF THE FULLBACKS WILL BE THE WEDGE CAPTAIN AND MUST SET THE WEDGE PERFECTLY. GIVE YOUR DIRECTIONS CLEARLY AND LOUDLY. (BE AWARE OF THE CENTER'S ASSIGNMENT AND KNOW WHO THE NON-RETURNING SAFETY IS AND LISTEN FOR HIS CALL.)

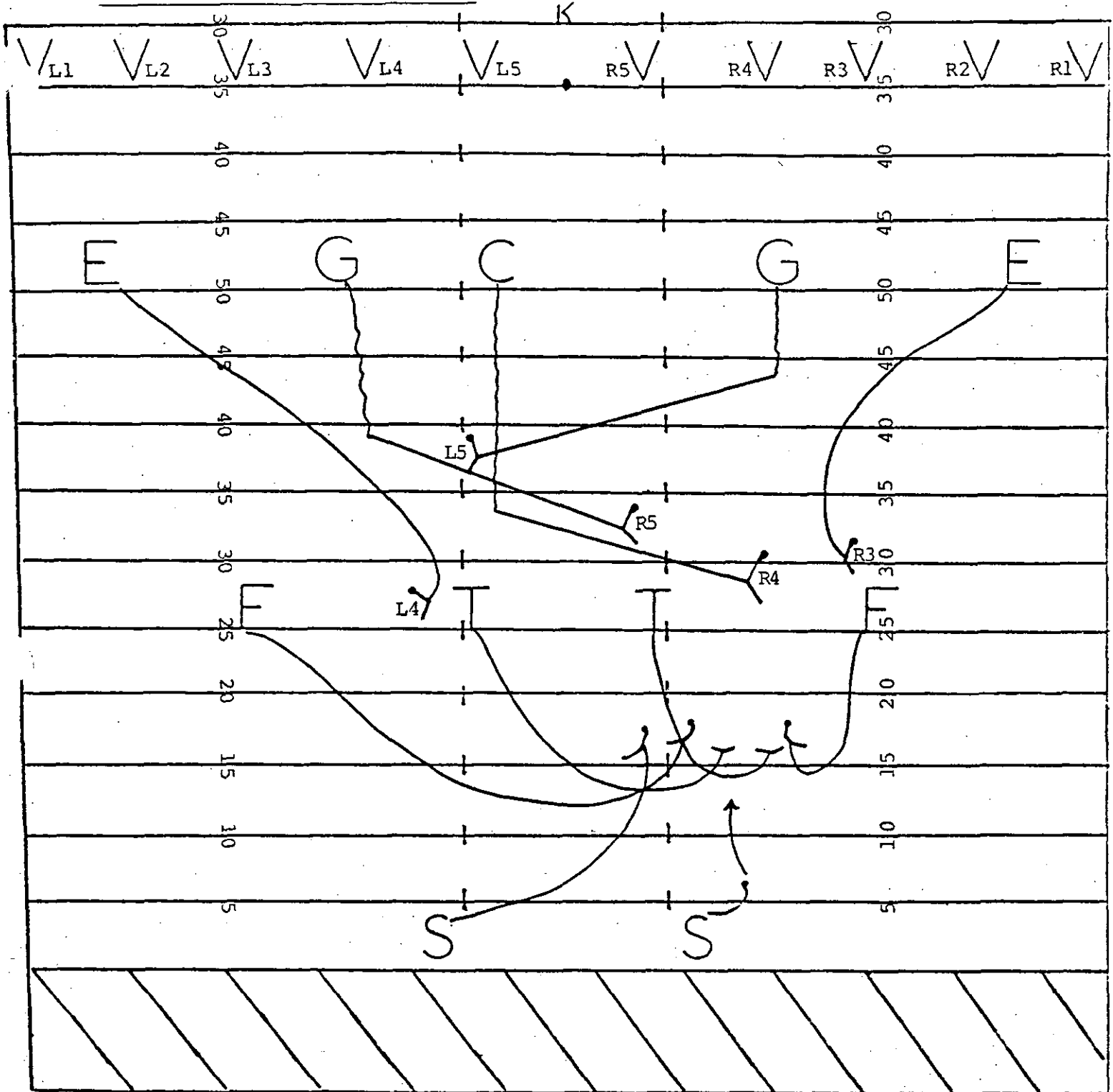
6. CALL MAN SAFETY (LEFT OR RIGHT) - SEE THE BALL KICKED. YOU ARE THE "CALL MAN". BE DISTINCT AS TO YOUR "ME-ME-ME", OR "YOU-YOU-YOU" CALLS. IF YOU ARE THE NON-RETURNING SAFETY, START UP FIELD GIVE THE "GO" CALL, THEN BLOCK ANY OUTSIDE "CRASHER" TO YOUR SIDE. YOU MUST ELIMINATE THIS "CRASHER". IF YOU ARE THE RETURNER, RIP THE BALL UP THE FIELD BEHIND THE WEDGE.
7. REMAINING SAFETY (LEFT OR RIGHT) - SEE THE BALL KICKED. THE OTHER SAFETY IS THE "CALL MAN". IF YOU ARE THE RETURNER (CATCH FIRST) THEN RIP THE BALL UP THE FIELD FOLLOWING THE WEDGE. IF YOU ARE THE NON-RETURNING SAFETY, START UP FIELD, GIVE THE "GO CALL" THEN LOOK FOR OUTSIDE "CRASHERS". YOU MUST ELIMINATE THIS "CRASHER".

C.P. - AREA BLOCK ALL COVERAGE MEN CROSSING IN LANES.

- EVERYONE USE HEAD PRIORITY - PLACE HEAD BETWEEN BALL CARRIER AND DEFENDER. FORCE COVERMAN TO RELEASE AWAY FROM THE RETURNER. WORK DELIGENTLY IN FINISHING YOUR BLOCK.

KICKOFF RETURN

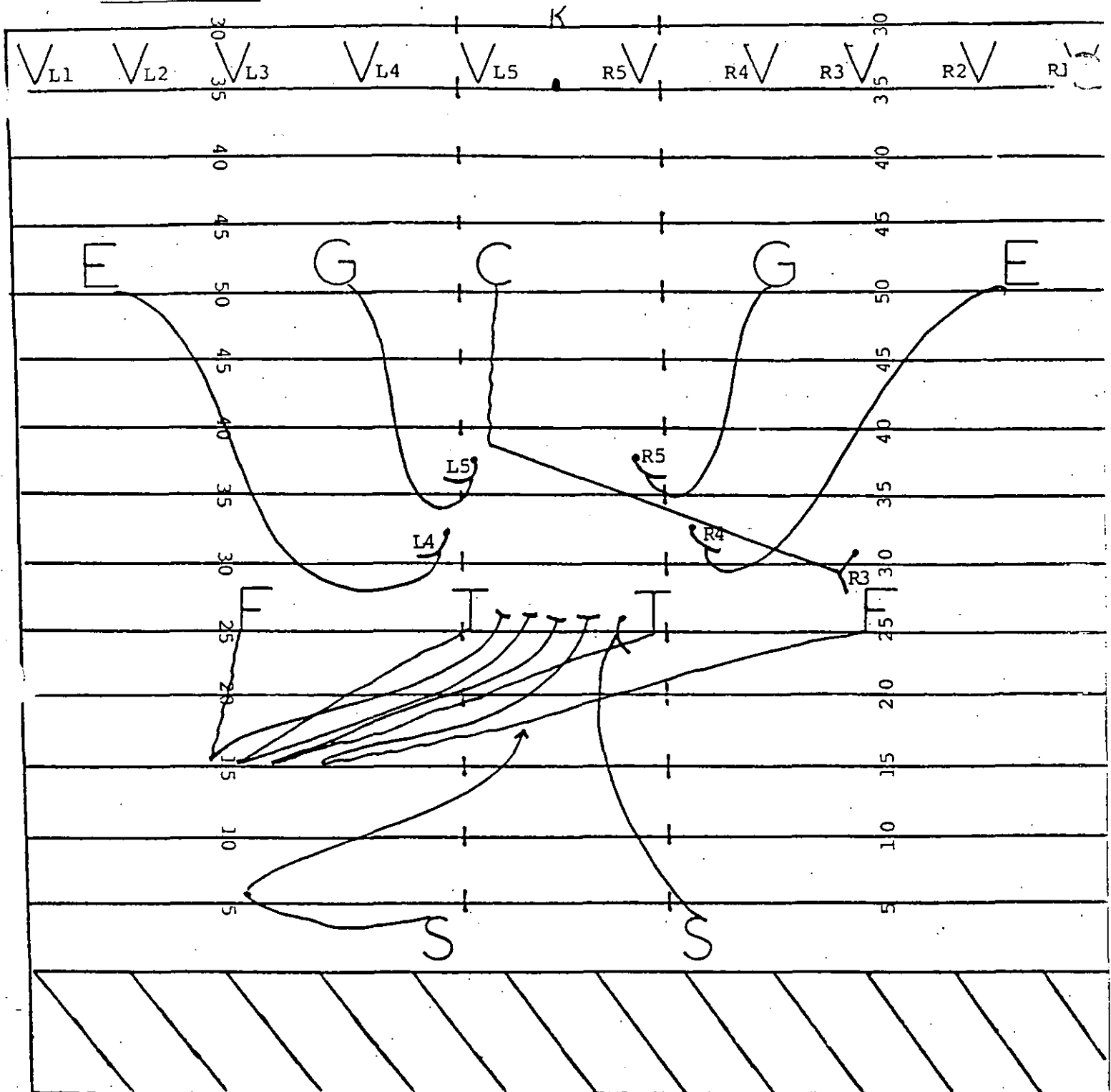
WEDGE ON THE BALL CROSSBLOCK



- 1) CENTER KICKS OUT R4 - (DECIDED BY GAME PLAN) DISGUISE DROP TO LOOK AS IF A SIDELINE RETURN.
- 2) GUARDS CROSSBLOCK ON 5's - RIGHT GUARD GOES FIRST.
- 3) END TO SIDE OF CENTER'S BLOCK - BLOCKS #3 INSTEAD OF #4.
- 4) ALL OTHER ELEMENTS OF THE WEDGE RETURN REMAIN THE SAME - "GO" CALL, ETC.

KICKOFF RETURN

MIDDLE WEDGE

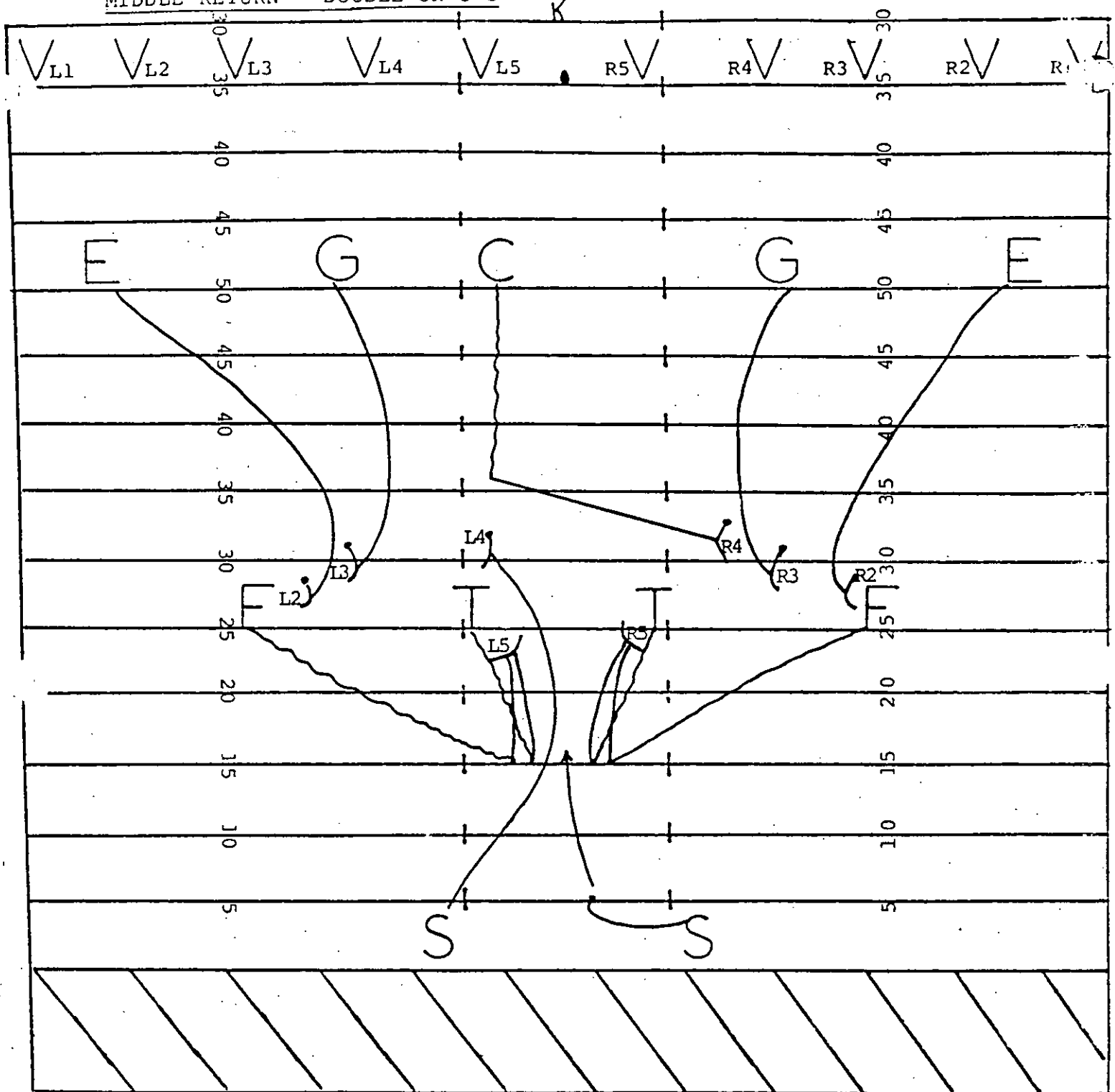


- 1) CENTER - KICK OUT #3 DETERMINED BY GAME PLAN.
- 2) BALL KICKED TO OUTSIDE THE NUMBERS RETURN UP THE NEAR HASH.
A) BALL KICKED INSIDE THE NUMBERS RETURN UP MIDDLE OF FIELD.
- 3) ALL OTHER ASSIGNMENTS SAME AS WEDGE ON THE BALL.
- 4) WEDGE CAPTAIN CALL OUT THE LAND MARK - "HASH" "HASH" "HASH" OR "MIDDLE" "MIDDLE" "MIDDLE".

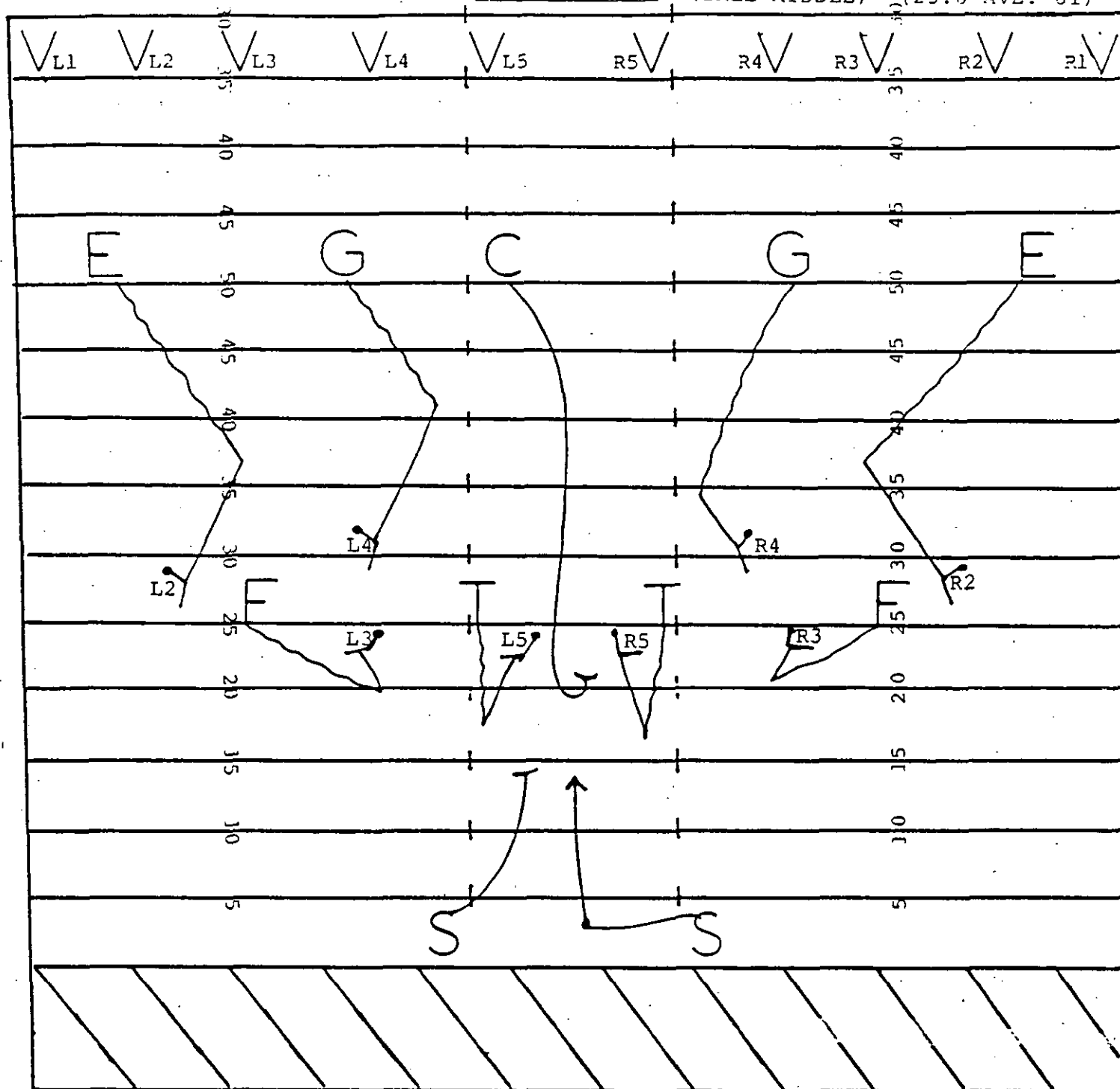
MIDDLE RETURN DOUBLE ON #5's

- CENTER: SEE THE BALL KICKED, DETERMINE ITS DIRECTION, THEN SPRINT TO BLOCK #4 MAN ON PREDETERMINED SIDE EACH WEEK. TIME YOUR BLOCK SO YOU SCREEN OR CUT OFF YOUR MAN. PLACE HEAD BETWEEN BALL CARRIER AND DEFENDER AND FINISH YOUR BLOCK.
- LG/RG: SEE THE BALL KICKED, DETERMINE ITS DIRECTION - WORK FOR INSIDE POSITION ON L3/R3 RESPECTIVELY. PLACE HEAD BETWEEN BALL CARRIER AND DEFENDER AND FINISH YOUR BLOCK.
- LE/RE: SEE THE BALL KICKED, DETERMINE ITS DIRECTION - WORK FOR INSIDE POSITION ON L2/R2 RESPECTIVELY. PLACE HEAD BETWEEN BALL CARRIER AND DEFENDER AND FINISH YOUR BLOCK.
- WEDGE: DETERMINE THE DIRECTION OF THE KICKOFF, DROP TO A FRONTAL POSITION ON THE FOOTBALL 10 YARDS FROM THE BALL CARRIER AS IN A WEDGE RETURN. FB'S AND TACKLE ATTACK 5'S SHOULDER TO SHOULDER FROM INSIDE OUT WITH A RUNNING DOUBLE TEAM. C.P. IF HE WON'T LET YOU BLOCK HIM OUTSIDE, TAKE HIM ANYWAY YOU CAN. WITH TWO MEN ASSIGNED TO ONE WE SHOULD WIN.
- NON-RETURNING SAFETY: ATTACK #4 AWAY FROM CENTER'S BLOCK AS PRE-DETERMINED BY GAME PLAN. C.P.: DRIVE INSIDE THE DOUBLE TEAMS ON #5's TO ATTACK YOUR ASSIGNMENT.
- RETURNING SAFETY: FIRST HANDLE THE KICKOFF - DRIVE TO THE WEDGE. FIND THE SOFT SPOT - CAN BREAK IT INSIDE OR OUTSIDE EITHER TEAM. C.P. CHECK INSIDE FIRST.

MIDDLE RETURN - DOUBLE ON 5's



- 1) NON RETURNING SAFETY BLOCKS L4 - CENTER BLOCKS R4
(THESE ASSIGNMENTS DECIDED BY GAME PLAN).
- 2) GUARDS BLOCK #3's - ENDS BLOCK #2's.
- 3) WEDGE DOUBLES ON #5's.



CENTER - FIND DEPTH AND DIRECTION OF KICK, SET UP ON THE BALL AND BLOCK THE FIRST MOST DANGEROUS THREAT.

GUARDS - BLOCK 4'S AWAY FROM BALL, BE CONSCIOUS OF HEAD POSITION AND FINISH YOUR BLOCK.

ENDS - BLOCK 2'S AWAY FROM BALL, BE CONSCIOUS OF HEAD POSITION AND FINISH YOUR BLOCK.

FULLBACKS - BLOCK 3'S AWAY FROM BALL, BE CONSCIOUS OF HEAD POSITION AND FINISH YOUR BLOCK.

TACKLES - BLOCK 5'S AWAY FROM BALL, BE CONSCIOUS OF HEAD POSITION AND FINISH YOUR BLOCK.

NON-RETURNER - SET UP ON BALL, BLOCK MOST DANGEROUS THREAT, N/T LEAD.

RETURNER - THE OBJECTIVE OF THIS RETURN IS TO KEEP THE COVERAGE SPREAD OUT AND YOU READ YOUR WAY AFTER YOUR INITIAL MOVE UPFIELD. 41

The diagram is a hand-drawn geological map on a grid. The grid has vertical lines labeled 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, and 55. The horizontal lines are labeled with letters V_{L1}, V_{L2}, V_{L3}, V_{L4}, V_{L5}, R₅, R₄, R₃, R₂, and R₁ from left to right. The map shows several features: a hatched area at the bottom; a scale bar at the top right with an arrow pointing right and labels 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55; and various labeled points and lines. Points L1, L2, L3, L4, and L5 are marked with dots and labeled. Points R1, R2, R3, R4, and R5 are marked with dots and labeled. Lines connect these points and other features, forming a network. The letters S, T, G, and E are also present, possibly representing different geological units or features.

KICKOFF RETURN

(AVERAGED 22.1 YDS ON BOTH RIGHT
RIGHT & LEFT RETURNS IN 1981)

SIDELINE RETURN

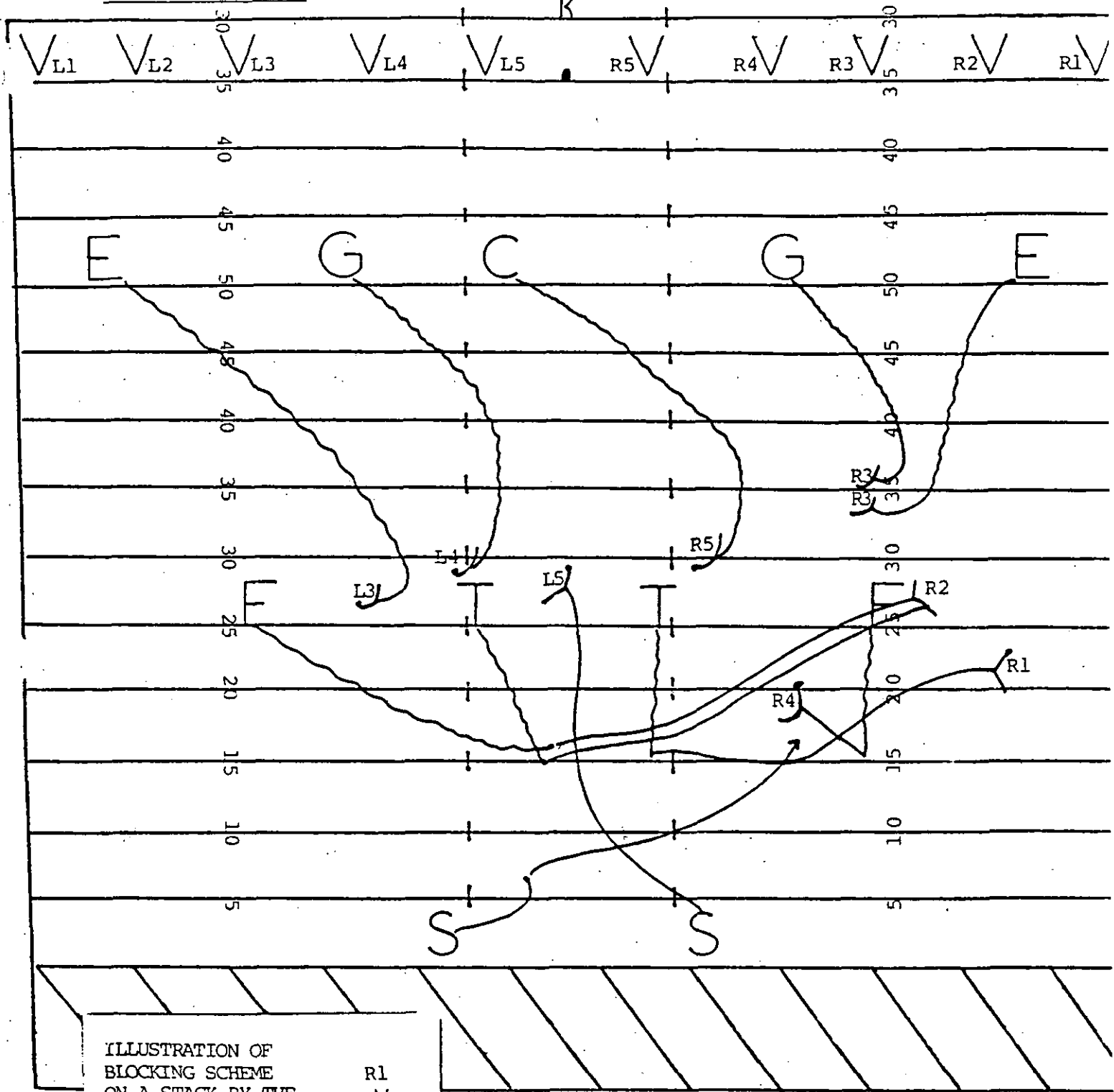
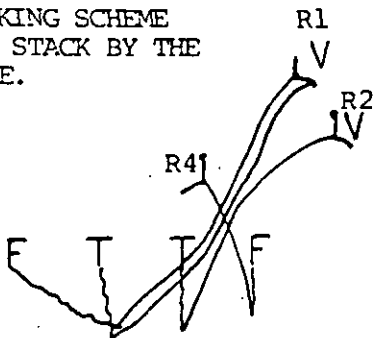


ILLUSTRATION OF
BLOCKING SCHEME
ON A STACK BY THE
WEDGE.



SIDELINE RETURNS

C.P.: THE FULLBACKS WILL BE THE DESIGNATED CALL MEN ON OUR SIDE RETURNS.

1. CENTER: OFFSET FROM THE BALL IN YOUR ALIGNMENT. SEE THE BALL KICKED AND CHECK DIRECTION. SPRINT TO SIDE OF RETURN - GAIN AN OUTSIDE POSITION ON #5 TO SIDE OF RETURN. BLOCK HIM AWAY FROM THE RETURN (HEAD PRIORITY). THE ABILITY OF THE KICKER WILL DETERMINE THE DEPTH YOU GAIN. YOUR DROP AND POSITION ARE A VITAL PART IN EXECUTING THIS BLOCK. CONCENTRATE ON MAN YOU ARE TO BLOCK. "LET HIM IN THE TRAP" AND BLOCK HIM AWAY FROM THE RETURN. FINISH YOUR BLOCK.

2. ON-SIDE GUARD AND END: SEE THE BALL KICKED AND CHECK DIRECTION. GAIN DEPTH RELATIVE TO KICKER'S ABILITY. EYEBALL #3 TO SIDE OF RETURN. GUARD TURN OUTSIDE. END TURN INSIDE - DROP TO 40 YARD LINE AND BEGIN TO GET INTO POSITION TO DOUBLE TEAM #3 BETWEEN 35 AND 38 YARD LINES. CONCENTRATE ON BLOCKING RESPONSIBILITY. FINISH YOUR BLOCK.

WE NEED TO VARY THE TYPES OF DOUBLE TEAMS USED ON NUMBER 3. BUT ALWAYS WORK TO CREATE A HOLE Laterally AND VERTICALLY. WHICH EVER METHOD YOU USE, FIRST MAN TO ATTACK #3 FORCE HIM INSIDE AND 2ND MAN CLEAN UP. YOU MAY ALSO VARY IT BY ATTACKING HIM SIMULTANEOUSLY WITH A DOUBLE TEAM. BE SURE YOU ARE TOGETHER ON THE METHOD TO BE USED.

3. OFFSIDE GUARD: SEE THE BALL KICKED AND CHECK DIRECTION. GAIN DEPTH RELATIVE TO KICKER'S ABILITY. EYEBALL #4 AWAY FROM RETURN. DRIVE HARD TO INSIDE POSITION. YOUR POSITION WILL BE CLOSE TO BUT SLIGHTLY DEEPER THAN YOUR CENTER. BLOCK YOUR MAN AWAY FROM THE SIDE OF THE RETURN (HEAD PRIORITY). CONCENTRATE ON BLOCKING ASSIGNMENT AND FINISH YOUR BLOCK.

4. OFFSIDE END: SEE THE BALL KICKED AND CHECK DIRECTION. GAIN DEPTH RELATIVE TO KICKER'S ABILITY. EYEBALL #3 AWAY FROM RETURN. DRIVE HARD FOR INSIDE POSITION ON #3. YOUR POSITION WILL BE CLOSE TO BUT SLIGHTLY DEEPER THAN YOUR GUARD. BLOCK YOUR MAN AWAY FROM THE SIDE OF THE RETURN. CONCENTRATE ON YOUR BLOCKING RESPONSIBILITIES (HEAD PRIORITY) AND FINISH YOUR BLOCK.

5. FULLBACK AND TACKLE (AWAY FROM RETURN) RIGHT RETURN: SEE THE DIRECTION OF THE KICK. GAIN YOUR NORMAL DEPTH - 10 YARDS FROM THE BALL AS IN A WEDGE RETURN. DOUBLE TEAM INSIDE OUT ON #2 IF IN AND OUT. IF STACKED, LEAD UP INSIDE THROUGH THE HOLE BLOCK BACK MAN IN STACK N/T LEAD. C.P.: DOUBLE ON 1ST DIFFERENT COLOR JERSEY INSIDE KICK-OUT BLOCK, FINISH YOUR BLOCK.

6. FULLBACK (TO THE SIDE OF THE RETURN): SEE THE DIRECTION OF THE KICK, GAIN YOUR NORMAL DEPTH - 10 YARDS FROM THE BALL AS IN A WEDGE RETURN. MAINTAIN OUTSIDE POSITION ON #4 TO THE RETURN SIDE. C.P.: STAY OUT OF HIS VISION. ATTACK 'EM - BLOCK HIM OUTSIDE IN AWAY FROM THE RETURN. TIME UP YOUR BLOCK. CONCENTRATE ON YOUR BLOCKING RESPONSIBILITY AND FINISH YOUR BLOCK.

7. TACKLE (TO THE SIDE OF THE RETURN): SEE THE DIRECTION OF THE KICK. GAIN YOUR NORMAL DEPTH - 10 YARDS FROM THE BALL AS IN A WEDGE RETURN. KICK OUT CONTAIN MAN. BLOCK INSIDE OUT (HEAD PRIORITY) ON WIDEST MAN. IF THEY ARE STACKED, KICK OUT THE FRONT MAN. FINISH YOUR BLOCK.

SIDELINE RETURNS (CONT.)

8. SAFETIES - RETURNS: FIRST HANDLE THE KICKOFF SECURELY. DRIVE TO THE SIDE OF THE RETURN, READING THE DOUBLE TEAM ON #2. BREAK OFF THE DOUBLE TEAM ON #2 INSIDE OR OUTSIDE. YOUR MOST IMPORTANT COACHING POINTS WOULD BE TO READ THE BLOCK ON #2 AND ATTACK THE COVERAGE. C.P.: #2 N/T OFFSIDE FB AND TACKLE WILL LEAD UPFIELD AND DOUBLE ON 1ST MAN INSIDE KICKOUT BLOCK.

NON-RETURNER: SEE THE BALL KICKED - MAKE SURE IT IS HANDLED BY RETURNING SAFETY. THEN ATTACK #5 AWAY FROM THE SIDE OF THE RETURN. BLOCK INSIDE OUT (HEAD PRIORITY). FINISH YOUR BLOCK.

C.P.: SHOULD COVERAGE MEN CROSS OR SWITCH LANES, WE WILL ADJUST BY BLOCKING ZONE OR AREA. EXAMPLE: SHOULD #2 AND #3 CROSS IN THEIR COVERAGE LANES TO THE SIDE OF THE RETURN, BLOCK WHOEVER ENDS UP #2 OR #3 BY YOUR RULE.

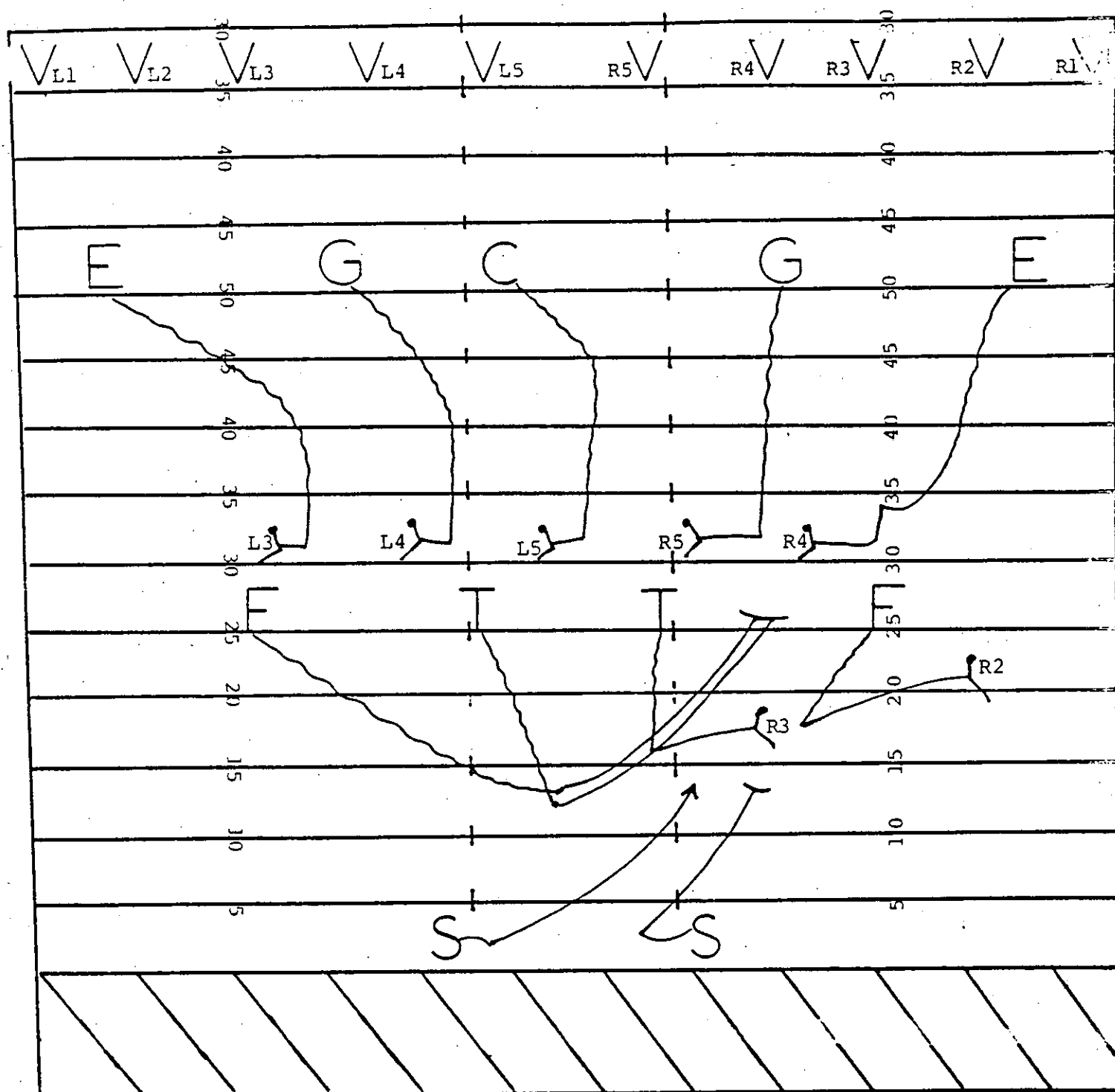
CONVERSIONS

ON SIDELINE RETURN (LEFT OR RIGHT) WE WILL ALWAYS RETURN THE DESIGNATED WAY UNLESS THE BALL IS KICKED OUTSIDE THE NUMBERS OPPOSITE THE DIRECTION OF THE RETURN. IF THIS OCCURS OUR SIDE RETURN CONVERTS TO A WEDGE ON THE BALL, RETURN TO THE SIDE OF THE KICK.

WE WILL USE THE NUMBERS AS LANDMARKS TO DETERMINE WHEN IT WILL BE A SIDE RETURN OR CONVERT TO A WEDGE ON THE BALL RETURN.

FULLBACKS: WHEN A CONVERSION IS APPROPRIATE, YOU'LL MAKE THE CALL TO THE WEDGE AND FRONT LINE. CALL "LEFT" "LEFT" "LEFT" - OR "RIGHT" "RIGHT" "RIGHT".

INSIDE RIGHT RETURN (LEFT)



CENTER - BLOCK L5 AWAY

RG - BLOCK R5 AWAY

LG - BLOCK L4 AWAY

RE - LBLOCK R4 AWAY. C.P.- SET UP R3 FOR KICK OUT BLOCK.

RFB - KICK OUT ON R2. C.P.- SET UP R3 FOR KICK OUT BLOCK.

RT - KICK OUT ON R3.

LFB & LT - CLEAN AND LEAD INSIDE R.T. BLOCK. C.P. - CHECK R1.

SAFETIES - NON-RETURNER - SET UP 5 YARDS IN FRONT OF BALL. CHECK TO SEE BALL IS HANDLED - CHECK #1 OR MOST DANGEROUS THREAT, N/T LEAD INSIDE TACKLE'S BLOCK.

RETURNER - ATTACK AREA INSIDE TACKLE'S BLOCK - FOLLOW DOUBLE TEAM.

PROCEDURE FOLLOWING A SAFETY

												5
												10
												15
L1 V	L2 V	L3 V	L4 V	L5 V	P	R5 V	R4 V	R3 V	R2 V	R1 V		20
												25
												30
E	G					C		G		E		35
												40
												45
												50
												45
F				T		T				F		40
						S						35
												30
						S						25
												20
												15

WHEN RECEIVING A KICKOFF AFTER A SAFETY, WE WILL USE THE NORMAL KICK-OFF RETURN TEAM AND CALL ONE OF OUR REGULAR KICKOFF RETURNS. BE AWARE OF WHO IS KICKING. IF THEY USE A PUNTER, THE HANG TIME WILL BE GREATER, BUT THE BALL WON'T TRAVEL AS FAR. STAY WITH YOUR MAN LONGER.

WHEN THEY ARE KICKING OFF, ALL THE SAME KICKOFF RETURN PRINCIPLES APPLY.
 C.P. - VS. A PUNTER, WE WILL SUBSTITUTE OUR PUNT RETURNERS AS SAFETIES.
 C.P. - BE ALERT FOR AN ONSIDE PUNT.

VERSUS A DEFINITE ONSIDE KICK

WE WILL SUBSTITUTE AT DESIGNATED POSITIONS WITH CERTAIN PLAYERS ADEPT AT RECOVERING ONSIDE KICKS.

IF THE BALL IS KICKED DEEP, BLOCK YOUR ASSIGNED COVERAGE MAN. OUR STANCE WILL BE SIMILAR TO AN INFIELDER READY TO SCOOP A GROUND BALL, FACING INSIDE AT A 45° ANGLE TO THE FOOTBALL. DO NOT ATTEMPT TO PICK THE BALL UP. WE WANT TO RECOVER IT, NOT ADVANCE THE FOOTBALL. IF THE BALL IS NOT KICKED IN YOUR AREA, BLOCK FOR THE MAN RECOVERING THE ONSIDE KICK. KEEP THE COVERAGE PEOPLE AWAY FROM THE RECOVERER. LET'S PROTECT HIM.

PARTICULAR ONSIDE KICKS MAY BE DIFFICULT TO HANDLE. IN THIS SITUATION, AND IT IS FEASIBLE, TAP OR HIT THE BALL OUT OF BOUNDS. RULE: A KICKOFF TOUCHED LAST BY THE RECEIVING TEAM THAT GOES OUT OF BOUNDS, IS THEIR BALL AT THE IN BOUNDS SPOT. THE LAST TOUCHING IS THE IMPORTANT PHASE OF THIS RULE EVEN THOUGH IT MAY HAVE BEEN TOUCHED BY BOTH TEAMS.

ONSIDE KICK PROGRESSION

- 1) BE ALERT
- 2) SEE THE BALL KICKED
- 3) KNOW YOUR ASSIGNMENT.
- 4) DO NOT CROSS THE RESTRAINING LINE TO FIELD AN ONSIDE KICK. IT BECOMES A LIVE BALL WHEN RECEIVING TEAM TOUCHES IT WHETHER IT HAS TRAVELED THE REQUIRED TEN YARDS OR NOT.
C.P.: USE GOOD JUDGEMENT.
- 5) IF HOWEVER, WE ARE ANTICIPATING A POSSIBLE ONSIDE KICK AND ALSO WISH TO DEFEND THE DEEP AREA, WE WILL ALIGN WITH TWO DEEP SAFETIES.

ALIGNMENT VS. AN ONSIDE KICK (2 DEEP SAFETIES)

L1	L2	L3	L4	L5	K	R5	R4	R3	R2	R1	30
V	V	V	V	V	.	V	V	V	V	V	35
											40
											45
T		G				C		G		T	50
	E		F					F		E	45
											40
											35
											30
											25
											20
			S			S					15
											10
											5
											GL

C.P.: IF WE MUST DEFEND VERSUS A SHORT TYPE KICKOFF (DEEP ONSIDE)
WE WILL ALIGN WITH TWO SAFETIES TO HANDLE SUCH KICKS.

6. MAKE THE PLAY NECESSARY FOR A LION RECOVERY.

7. NEVER ATTEMPT TO ADVANCE AN ONSIDE KICK. C.P. TAKE IT ON A KNEE.

8. IN THE EVENT THE BALL IS KICKED DEEP - DROP TO A DEPTH OF 15 TO
20 YARDS AND WEDGE ON THE BALL AND GET ALL WE CAN.

ALIGNMENT VS. AN ONSIDE KICK (1 DEEP SAFETY)

L1	L2	L3	L4	L5	K	R5	R4	R3	R2	R1	30
▽	▽	▽	▽	▽	•	▽	▽	▽	▽	▽	30
											40
											45
↗		G				C		G		↖	50
	F		F	§				F		E	45
											40
											35
											30
											25
											20
											15
				S							10
											5
											GL

1. FRONT LINE ALIGN ONE YARD BEHIND RESTRAINING LINE FACING INSIDE TOWARD THE FOOTBALL AT A 45° ANGLE.
C.P. - SPACE YOURSELF EVENLY SO WE COVER ALL THE HOLES.
2. SECOND LINE WILL ALIGN FIVE YARDS BEHIND FRONT LINE FACING INSIDE TOWARD THE FOOTBALL AT 45° ANGLE.
C.P. - SPACE YOURSELF EVENLY SO WE COVER ALL THE HOLES.
3. IN A DEFINITE ONSIDE KICKOFF SITUATION, WE WILL ALIGN OUR SAFETY IN THE SECOND ROW BETWEEN THE LEFT FULLBACK AND THE CENTER.

BASIC RULES AFFECTING PUNT PROTECTION AND COVERAGE

1. DURING THE KICK FROM SCRIMMAGE, ONLY THE END MEN AS ELIGIBLE RECEIVERS ON THE LINE OF SCRIMMAGE, AT THE TIME OF THE SNAP, ARE PERMITTED TO GO BEYOND THE L.O.S. BEFORE THE BALL IS KICKED.
EXCEPTION: AN ELIGIBLE RECEIVER WHO, AT THE SNAP, IS ALIGNED OR IN MOTION BEHIND THE LINE AND MORE THAN ONE YARD OUTSIDE THE END MAN ON HIS SIDE OF L.O.S. CLEARLY MAKING HIM THE OUTSIDE RECEIVER, REPLACES THE END MAN AS THE PLAYER ELIGIBLE TO GO DOWNFIELD AFTER SNAP. ALL OTHER MEMBERS OF THE KICKING TEAM MUST REMAIN ON THE L.O.S. UNTIL THE BALL HAS BEEN KICKED.
2. NO PLAYER OF THE KICKER'S TEAM MAY FIRST TOUCH A SCRIMMAGE OR RETURN KICK BEFORE IT HAS BEEN TOUCHED BY A RECEIVER (FIRST TOUCHING).
EXCEPTION: WHEN A KICK IS FROM BEHIND THE L.O.S., ANY TOUCHING BEHIND THE LINE BY AN OFFENSIVE PLAYER IS LEGAL AND HE MAY RECOVER OR ADVANCE IT.
3. WHEN ANY PLAYER OF THE KICKING TEAM TOUCHES OR RECOVERS A SCRIMMAGE KICK ON OR INSIDE THE DEFENSIVE FIVE YARD LINE, UNLESS IT HAD BEEN TOUCHED BY THE DEFENSE, AND THEN CARRIES IT ACROSS THE RECEIVING TEAM'S GOAL LINE, IT IS A TOUCHBACK. NO PENALTY FOR DELAY OF GAME.
4. TO "DOWN" A PUNT, THE COVERING MAN MUST STAY WITH THE BALL UNTIL THE WHISTLE. TOUCHING THE BALL DOES NOT STOP PLAY. IF THE COVERING TEAM ON A PUNT TOUCHES THE BALL, BUT FAILS TO OFFICIALLY "DOWN" IT, THE RECEIVING TEAM CAN NOW TRY TO ADVANCE THE BALL AT NO RISK TO THEMSELVES. IF THEY GAIN YARDAGE, THEY MAY ACCEPT THE GAIN. IF THEY FUMBLE OR LOSE YARDAGE, THEY CAN ELECT TO TAKE THE BALL WHERE IT WAS TOUCHED BY THE COVERING TEAM.
5. IF A MEMBER OF THE PUNTING TEAM TOUCHES THE GOAL LINE OR RUNS INTO THE END ZONE AND THEN COMES BACK ON THE PLAYING FIELD TO TOUCH OR DOWN THE FOOTBALL - AUTOMATIC TOUCHBACK. NOR CAN HE STAND ON THE GOAL LINE AND PREVENT THE BALL FROM BREAKING THE PLANE OF THE GOAL LINE.
6. FAIR CATCH INTERFERENCE: DURING ANY KICK (EXCEPT ONE WHICH FAILS TO CROSS L.O.S.) IF ANY RECEIVER COULD REACH THE KICK IN FLIGHT, NO PLAYER OF THE KICKER'S TEAM SHALL INTERFERE WITH EITHER A) RECEIVER, B) THE BALL, OR C) THE RECEIVER'S PATH TO THE BALL.
7. AFTER A FAIR CATCH SIGNAL - THE OPPORTUNITY TO MAKE A CATCH DOES NOT END WHEN A KICK IS MUFFED. ANY TOUCHING OF THE BALL BY THE KICKER'S TEAM THEREAFTER IS INTERFERENCE, IF ANY RECEIVER COULD STILL REACH THE MUFFED KICK IN FLIGHT.
8. AFTER A RECEIVER HAS MADE A FAIR CATCH (COMING TO A LEGAL STOP), AN OPPONENT
 - A) MAY NOT TACKLE HIM,
 - B) MAY NOT BLOCK HIM, AND
 - C) MUST AVOID CONTACT WITH HIM.FIFTEEN (15) YARD PENALTY FROM THE SPOT OF INFRACTION.

RULES AFFECTING PUNT PROTECTION AND COVERAGE (Cont.)

9. NO PLAYER ON THE KICKER'S TEAM, WHO HAS BEEN OUT OF BOUNDS, MAY TOUCH OR RECOVER A SCRIMMAGE KICK BEYOND THE L.O.S. UNTIL IT HAS BEEN TOUCHED BY THE OPPONENT.
10. NOTE: RECEIVING TEAM PLAYERS MAY ADVANCE ANY KICK (SCRIMMAGE, RETURN KICK, OR UNSUCCESSFUL FIELD GOAL ATTEMPT) WHETHER OR NOT THE BALL CROSSES THE RECEIVING TEAM'S GOAL LINE.
11. A FAIR CATCH CANNOT BE ADVANCED BY EITHER TEAM.
12. A MAN SIGNALING FOR A FAIR CATCH CANNOT SUBSEQUENTLY BLOCK.
13. A MUFFED FAIR CATCH WHICH HITS THE GROUND IS A FREE BALL AND BELONGS TO THE TEAM WHICH RECOVERS IT.
14. WHEN WE PUNT, WE GO FROM OFFENSE TO DEFENSE AT THE LINE OF SCRIMMAGE.
15. ONLY THE KICKING TEAM CAN BE PENALIZED FOR NOT HAVING ENOUGH PEOPLE IN THE GAME. CHECK OUR ALIGNMENT AND COUNT OUR PEOPLE. NO PENALTY FOR LESS THAN 11 MEN, BUT KICKING TEAM MUST HAVE AT LEAST 7 MEN ON LINE OF SCRIMMAGE. C.P. - EACH MAN MUST CHECK HIS COUNTERPART AND TO MAKE SURE WE HAVE 11 MEN ON THE FIELD.
16. COACHES MUST INSTRUCT THOSE PLAYERS WEARING NUMBERS NOT QUALIFYING THEM FOR DESIGNATED POSITIONS TO REPORT TO THE REFEREE, PRIOR TO THE HUDDLE, THEIR CHANGE IN ELIGIBILITY OR INELIGIBILITY STATUS. THIS RULE PREVAILS WHETHER A PLAYER IS ALREADY IN THE GAME OR IS AN ENTERING SUBSTITUTE AND WHETHER IT IS A PLAY FROM SCRIMMAGE, AN ATTEMPTED FIELD GOAL, OR A TRY FOR POINT AFTER TOUCHDOWN.

MAKE SOMETHING HAPPEN

- A) MAKE THE TACKLE ON PUNT COVERAGE FOR LESS THAN A FIVE YARD GAIN.
- B) PUNT OR DOWN THE BALL INSIDE THE 10 YARD LINE.
- C) CAUSE A FUMBLE.
- D) RECOVER A FUMBLE.
- E) LIGHTS OUT OR EXTRA EFFORT.

1981 NFL - RANKINGS

NET PUNTING

		<u>NO.</u>	<u>YDS.</u>	<u>LONG</u>	<u>AVE.</u>	<u>TB</u>	<u>BLK</u>	<u>OPP RET</u>	<u>RET YDS</u>	<u>IN 20</u>	<u>NET AVE</u>
1)	SKLADANY, DET.	64	2784	74	43.5	5	0	39	299	21	37.3
2)	MCINALLY, CIN.	72	3272	62	45.4	11	1	42	416	17	36.1
	WHITE, DALLAS	79	3222	60	40.8	7	0	38	231	19	36.1
	WEST, SEATTLE	66	2578	56	39.1	2	0	33	153	13	36.1
3)	CORRAL, L.A.	89	3735	67	42.0	3	0	52	481	19	35.9
4)	RAMSEY, N.Y.J.	81	3290	65	40.6	13	0	31	149	27	35.6
5)	BIRDSONG, ST.L.	69	2883	75	41.8	8	0	37	276	18	35.5
6)	ROBERTS, S.D.	62	2540	61	41.0	7	1	31	168	16	35.4
7)	COLQUITTE, PITT	84	3641	74	43.3	16	0	34	358	25	35.3
8)	GUY, OAKLAND	96	4195	69	43.7	15	0	45	514	23	35.2
9)	JENNINGS, N.Y.G.	97	4198	62	43.3	12	0	61	561	19	35.0
10)	RUNAGER, PHIL.	63	2567	64	40.7	6	0	34	246	18	34.9
11)	PRESTRIDGE, DEN.	86	3478	67	40.4	5	0	46	388	20	34.8
12)	OROSZ, MIAMI	83	3386	61	40.8	11	0	45	286	21	34.7
13)	PARSLEY, HOUS.	79	3137	62	39.7	3	0	47	360	17	34.4
	ERXLEBEN, N.O.	66	2672	60	40.5	6	0	36	282	11	34.4
	COLEMAN, MINN.	88	3646	73	41.4	11	0	46	399	17	34.4
4)	COX, CLEV.	68	2884	66	42.4	12	2	30	253	11	34.2
15)	CATER, BUFF.	80	3175	71	39.7	12	0	34	220	16	33.9
16)	GARRETT, BALT.	78	3091	57	39.4	2	0	44	402	11	33.7
17)	GRUPP, K.C.	41	1556	57	38.0	1	0	26	165	5	33.4
	CONNELL, WASH.	73	2923	57	40.0	5	0	50	388	13	33.4
	CAMARILLO, N.E.	47	1959	75	41.7	9	0	20	209	12	33.4
18)	PARSONS, CHI.	114	4531	55	39.7	7	0	66	594	31	33.3
19)	SWIDER, T.B.	58	2476	62	42.7	4	2	39	409	13	33.1
20)	JAMES, ATL.	87	3543	62	40.7	5	1	59	577	3	32.6
21)	STACHOWICZ, G.B.	82	3330	72	40.6	9	2	50	511	16	31.4
22)	MILLER, S.F.	93	3858	65	41.4	15	0	57	664	14	31.1

(SKLADANY RANKED 4TH IN NET PUNTING IN 1980 - 35.3 AVERAGE.)

1981 NATIONAL FOOTBALL LEAGUE STATS

PUNTING RANKINGS

1)	CINCINNATI	44.8	(6TH IN GROSS PUNTING IN 1980 - 42.2 AVE)
2)	DETROIT	43.5	
3)	PITTSBURGH	43.3	
	N.Y. GIANTS	43.3	
4)	OAKLAND	43.2	
5)	LOS ANGELES	42.0	
6)	ST. LOUIS	41.8	
7)	SAN FRANCISCO	41.5	
8)	MINNESOTA	41.4	
9)	CLEVELAND	41.2	
	TAMPA BAY	41.2	
10)	MIAMI	40.8	
11)	N.Y. JETS	40.6	
12)	NEW ORLEANS	40.5	
	DALLAS	40.5	
13)	DENVER	40.4	
14)	SAN DIEGO	40.3	
	PHILADELPHIA	40.3	
	ATLANTA	40.3	
15)	WASHINGTON	40.0	
16)	BUFFALO	39.7	
	HOUSTON	39.7	
	CHICAGO	39.7	
17)	GREEN BAY	39.6	
18)	BALTIMORE	39.4	
19)	NEW ENGLAND	39.3	
20)	SEATTLE	39.0	
21)	KANSAS CITY	38.5	

1981 NATIONAL FOOTBALL LEAGUE STATS

PUNTING RANKINGS

NFC

1)	DETROIT	43.5	(2ND IN GROSS PUNTING IN 1980 - 42.2)
2)	N.Y. GIANTS	43.3	
3)	LOS ANGELES	42.0	
4)	ST. LOUIS	41.8	
5)	SAN FRANCISCO	41.5	
6)	MINNESOTA	41.4	
7)	TAMPA BAY	41.2	
8)	DALLAS	40.5	
	NEW ORLEANS	40.5	
9)	PHILADELPHIA	40.3	
	ATLANTA	40.3	
10)	WASHINGTON	40.0	
11)	CHICAGO	39.7	
12)	GREEN BAY	39.6	

AFC

1)	CINCINNATI	44.8
2)	PITTSBURGH	43.3
3)	OAKLAND	43.2
4)	CLEVELAND	41.2
5)	MIAMI	40.8
6)	N.Y. JETS	40.6
7)	DENVER	40.4
8)	SAN DIEGO	40.3
9)	BUFFALO	39.7
	HOUSTON	39.7
10)	BALTIMORE	39.4
11)	NEW ENGLAND	39.3
12)	SEATTLE	39.0
13)	KANSAS CITY	38.5

1981 NATIONAL FOOTBALL LEAGUE STATS

VS OPPONENTS PUNT RETURNS

		<u>NO.</u>	<u>YDS.</u>	<u>AVE.</u>
1)	SEATTLE	33	153	4.6
2)	N.Y. JETS	31	149	4.8
3)	SAN DIEGO	31	168	5.4
4)	DALLAS	38	231	6.1
5)	KANSAS CITY	46	293	6.4
	MIAMI	45	286	6.4
6)	BUFFALO	34	220	6.5
7)	PHILADELPHIA	34	246	7.2
8)	ST. LOUIS	37	276	7.5
9)	DETROIT	39	299	7.7
	HOUSTON	47	360	7.7
10)	NEW ORLEANS	36	282	7.8
	WASHINGTON	50	388	7.8
11)	CLEVELAND	30	253	8.4
	DENVER	46	388	8.4
12)	MINNESOTA	46	399	8.7
	NEW ENGLAND	35	305	8.7
13)	CHICAGO	66	594	9.0
14)	BALTIMORE	44	402	9.1
15)	N.Y. GIANTS	61	561	9.2
16)	LOS ANGELES	52	481	9.3
17)	ATLANTA	59	577	9.8
18)	CINCINNATI	42	416	9.9
19)	GREEN BAY	50	511	10.2
20)	PITTSBURGH	34	358	10.5
21)	OAKLAND	45	514	11.4
22)	SAN FRANCISCO	57	664	11.6
23)	TAMPA BAY	52	668	12.8

(12TH IN 1980 -
7.9 AVE.)

1981 - VS OPPONENTS PUNT RETURNS

<u>NFC</u>		<u>NO.</u>	<u>YDS.</u>	<u>AVE.</u>	
	1)	DALLAS	38	231	6.1
	2)	PHILADELPHIA	34	246	7.2
	3)	ST. LOUIS	37	276	7.5
	4)	<u>DETROIT</u>	39	299	7.7
	5)	NEW ORLEANS	36	282	7.8
		WASHINGTON	50	388	7.8
	6)	MINNESOTA	46	399	8.7
	7)	CHICAGO	66	594	9.0
	8)	N.Y. GIANTS	61	561	9.2
	9)	LOS ANGELES	52	481	9.3
	10)	ATLANTA	59	577	9.8
	11)	GREEN BAY	50	511	10.2
	12)	SAN FRANCISCO	57	664	11.6
	13)	TAMPA BAY	52	668	12.8

(7TH IN 1980 -
7.9 AVE.)

<u>AFC</u>					
	1)	SEATTLE	33	153	4.6
	2)	N.Y. JETS	31	149	4.8
	3)	SAN DIEGO	31	168	5.4
	4)	KANSAS CITY	46	293	6.4
		MIAMI	45	286	6.4
	5)	BUFFALO	34	220	6.5
	6)	HOUSTON	47	360	7.7
	7)	CLEVELAND	30	253	8.4
		DENVER	46	388	8.4
	8)	NEW ENGLAND	35	305	8.7
	9)	BALTIMORE	44	402	9.1
	10)	CINCINNATI	42	42	9.9
	11)	PITTSBURGH	34	358	10.5
	12)	OAKLAND	45	514	11.4

ELEMENTS OF A GOOD PUNT UNIT

1. THE CENTER SNAP IS ONE OF THE MOST IMPORTANT PARTS OF THE KICKING GAME.
2. BE DECISIVE ABOUT WHOM YOU ARE GOING TO BLOCK. COMMUNICATION IS VITAL IN AVOIDING ASSIGNMENT ERRORS AND BLOCKED PUNTS. C.P. - CONTINUE TO POINT OUT YOUR MAN UNTIL "READY SET".
3. GET THE KICK AWAY QUICKLY. DEVELOP A SMOOTH RHYTHM.
4. ALWAYS BLOCK FACE THROUGH THE NUMBERS AND RELEASE, AFTER THE PUNT, SPRINT IN YOUR LANE OF COVERAGE. NEVER FOLLOW BEHIND OR CLOSE TO A TEAMMATE. GAIN WIDTH TO YOUR LANE AND FIND THE BALL OVER YOUR INSIDE SHOULDER AT A 10 YARD DEPTH. "HOT YOU MAN" (HEAD ON TORSO).
5. SPRINTING TO THE CONTROL POINT IS ESSENTIAL. WE MUST OUT RUN BLOCKERS TO THE CONTROL POINT.
6. THE CONTROL POINT IS APPROXIMATELY FIVE YARDS IN FRONT OF THE SAFETY FIELDING THE BALL AND IN YOUR COVERAGE LANE RELATIVE TO THE FOOTBALL, WITH OUTSIDE LEVERAGE.
7. ADJUST TO THE WIDTH OF THE FIELD AND THE FLIGHT OF THE BALL WHEN COVERING. WHEN IN DOUBT, GET WIDER AS YOU COVER.
8. WE MUST HAVE A HIGH KICK.
9. PUT YOUR HELMET ON THE RETURNER WHEN MAKING THE TACKLE. WE MUST BE SURE TACKLERS. THE MEN WITH THE FIRST SHOT MUST MAKE THE TACKLE. WE DO NOT WANT TO ALLOW RETURNER RUNNING ROOM. PRIMARY CONTAIN, ATTACK WITH THE INSIDE SHOULDER, AND KEEP OUTSIDE LEVERAGE ON THE BALL.
10. PUNTER, CALL DIRECTION OF PUNT
11. IN SUMMARY, THE IMPORTANT ELEMENTS OF A GOOD PUNTING GAME ARE:
 - A) PERFECT SNAP.
 - B) PROPER COMMUNICATION ON ASSIGNMENTS.
 - C) KICK WITH A QUICK SMOOTH RHYTHM.
 - D) KICK HIGH AND TO A DESIGNATED AREA. C.P.: COFFIN CORNER KICKS WILL NOT HAVE A GREAT DEAL OF HEIGHT.
 - E) PROPER CONTACT AND RELEASE BY BLOCKERS.
 - F) QUICK OUTSIDE RELEASE OFF THE LINE OF SCRIMMAGE WHEN BALL IS PUNTED.
 - G) PROPER LANES OF COVERAGE.
 - H) ADJUSTMENT OF LANES TO WIDE FIELD AND FLIGHT OF BALL.
 - I) SPRINT TO THE CONTROL POINT.
 - J) OUTSIDE LEVERAGE ON THE RETURNER.
 - K) MAKE THE SURE TACKLE.
 - I) FORCE MISTAKES.

PUNTING MECHANICS

TIME ELEMENTS

1. CENTERS SNAP: STRIVE TO GET THE BALL BACK IN 0.7 TO 0.8 TENTHS OF A SECOND. THE RISK OF GETTING A PUNT BLOCKED GOES UP WITH EACH TENTH OF A SECOND BEYOND 0.8!
2. PUNTER: THE PUNTER SHOULD BE ABLE TO GET THE BALL OFF WITHIN 1.1 TO 1.2 SECONDS. ANY TIME TAKEN BEYOND THIS MARGIN IS NOT SOUND. WITH THE COVERAGE PERSONNEL WAITING TO RELEASE WITH THE PUNT, TIMING IS EXTREMELY IMPORTANT.
3. TOTAL TIME: (COMBINED SNAP AND PUNTING TIME) WITH THE CENTER GETTING THE BALL BACK IN 0.8 TENTHS OF A SECOND AND THE PUNTER GETTING IT OFF IN 1.2 SECONDS, THE ELAPSED TIME WILL BE 2.0 SECONDS. THIS LEAVES A MARGIN OF ERROR OF 0.2 TENTHS, FIGURING WE ARE STILL SOUND PUNTING THE BALL IN 2.2 SECONDS!
4. HANG TIME: (THE TIME THE BALL IS IN THE AIR) STRIVE TO KEEP THE BALL IN THE AIR 4.5 SECONDS. A PUNT HANGING 4.5 SECONDS CAN BE COVERED AND THE RETURN HELD TO A MINIMUM! OUR AVERAGE HANG TIME IN 1981 WAS 3.71.
5. COVERAGE TIME: SINCE THE LINE CANNOT RELEASE PRIOR TO THE PUNT, AND THE PUNT TAKES APPROXIMATELY 2.2 SECONDS TO GET OFF, YOU HAVE APPROX. 7.2 SECONDS TO COVER THE BALL, FROM THE TIME OF THE SNAP. THIS IS ASSUMING THE MAN RELEASING CAN COVER 40 YARDS IN 5 SECONDS. THIS USUALLY WILL LEAVE A MARGIN OF .5 TO THE PUNT RETURN TEAM.
6. KICKING VS. A 11 MAN RUSH: THE PUNTER MUST NOW BE ABLE TO GET THE BALL OFF IN 1.8 SECONDS. HE MAY HAVE TO USE A 2 STEP APPROACH. EXAMPLE:

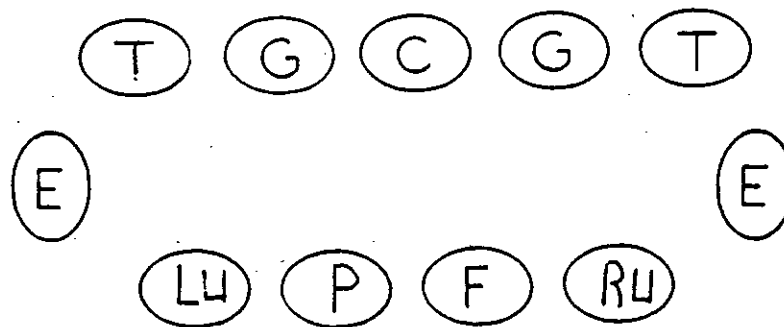
SNAP	-	.8	
KICK	-	1.0	
HANG	-	4.5	(40 YARDS)
TOTAL	-	6.3	

NOTE: FOR EACH YARD THE PUNT GOES PAST 40 YARDS WHILE MAINTAINING THE SAME OR LESS HANG TIME. IT CREATES THAT MUCH MORE OF A CUSHION FOR POSSIBLE SUCCESSFUL RETURN YARDAGE.

GENERAL INFORMATION

1. PUNTS CAN BE RUN OUT OF THE END ZONE. THE BALL IS LIVE IN THE END ZONE UNTIL THE OFFICIAL BLOWS IT DEAD. THE BALL MUST BE COVERED IN THE END ZONE.
2. ANYONE PLAYING OUT OF POSITION MUST REPORT TO THE OFFICIALS. THIS MUST BE DONE PRIOR TO ENTERING YOUR HUDDLE (5 YD. PENALTY) OR ALIGNING IN POSITION. C.P. NORMALLY WE DO NOT HUDDLE.
3. A FAIR CATCH FUMBLED IS A FREE BALL.

4. ANY PUNT THAT IS BLOCKED AND DOES NOT CROSS THE LINE OF SCRIMMAGE IS NOT A KICKED BALL, AND EITHER TEAM CAN RECOVER IT AND ADVANCE IT.
5. ON A BLOCKED THIRD DOWN PUNT, FALL ON IT AND RECOVER IT, SINCE WE HAVE ANOTHER DOWN TO PUNT IT. IF FOURTH DOWN, PICK IT UP AND TRY TO MAKE ENOUGH YARDAGE FOR A FIRST DOWN - SCOOP IT FORWARD.
6. A BLOCKED OR PARTIALLY BLOCKED PUNT, THAT CROSSES THE LINE OF SCRIMMAGE, IS A PUNT AND MUST BE TREATED AS ANY OTHER PUNT.
7. VERSUS ANY 11 MAN RUSH, IT WILL BE A ONE-STEP PUNT BY THE PUNTER IF BASIC PROTECTION IS IN EFFECT, THERE WILL BE A DOUBLE SIFT. C.P. - PUNTER KICK STRAIGHT AHEAD.
8. IF THE END IS SPLIT AND IS UNCOVERED, LOOK FOR A PASS FROM THE PUNTER.
9. ALL LINEMEN SEE THE BALL BEING SNAPPED.
10. NEAR OUR OWN GOAL LINE (4 YARDS OR LESS), BE PARTICULARLY ALERT FOR A PUNT BLOCK ATTEMPT.
 - A) FULLBACK, ALERT PUNTER TO CHECK END LINE.
11. IN OUR COVERAGE, DON'T OVER RUN THE BALL - BREAKDOWN - MAINTAIN LEVERAGE ON THE FOOTBALL.
12. WE MUST CALL IT OUT WHEN A FAIR CATCH IS SIGNALLED FOR,
 - A) HE CAN'T ADVANCE IT, BUT HE CAN CERTAINLY FUMBLE IT. ALWAYS ANTICIPATE A FUMBLE ON A FAIR CATCH.
 - B) DO NOT INTERFERE WITH PUNT RECEIVER'S RIGHT TO HANDLE THE PUNT.
 - C) IF A FAIR CATCH SIGNAL IS GIVEN ON THE 10 YARD LINE, ANTICIPATE A FAKE FAIR CATCH.
13. ON DOWNING A PUNT, DO NOT LEAVE IT - CONTROL THE BALL, THE OFFICIAL WILL BLOW IT DEAD.
14. WHEN THERE IS A STRONG PREVAILING WIND, WE MUST ALWAYS BE AWARE OF TIME REMAINING IN THE PERIOD TO TAKE ADVANTAGE OF THE KICKING SITUATION.
15. PUNT COVERAGE IS A TRUE INDICATOR OF A TEAM'S DESIRE TO WIN. PUNT RETURNS ARE CAUSED BY CARELESSNESS OF THE PUNT COVERAGE UNIT. THIS IS A GOOD OPPORTUNITY TO DISPLAY YOUR DESIRE TO WIN.



NOTE: INTERFERENCE TO MAKE A CATCH ON LAST PUNT AND PLAY OF A HALF OR A GAME GIVES RECEIVING TEAM YARDAGE PENALTY PLUS ONE ADDITIONAL PLAY AFTER TIME HAS EXPIRED.

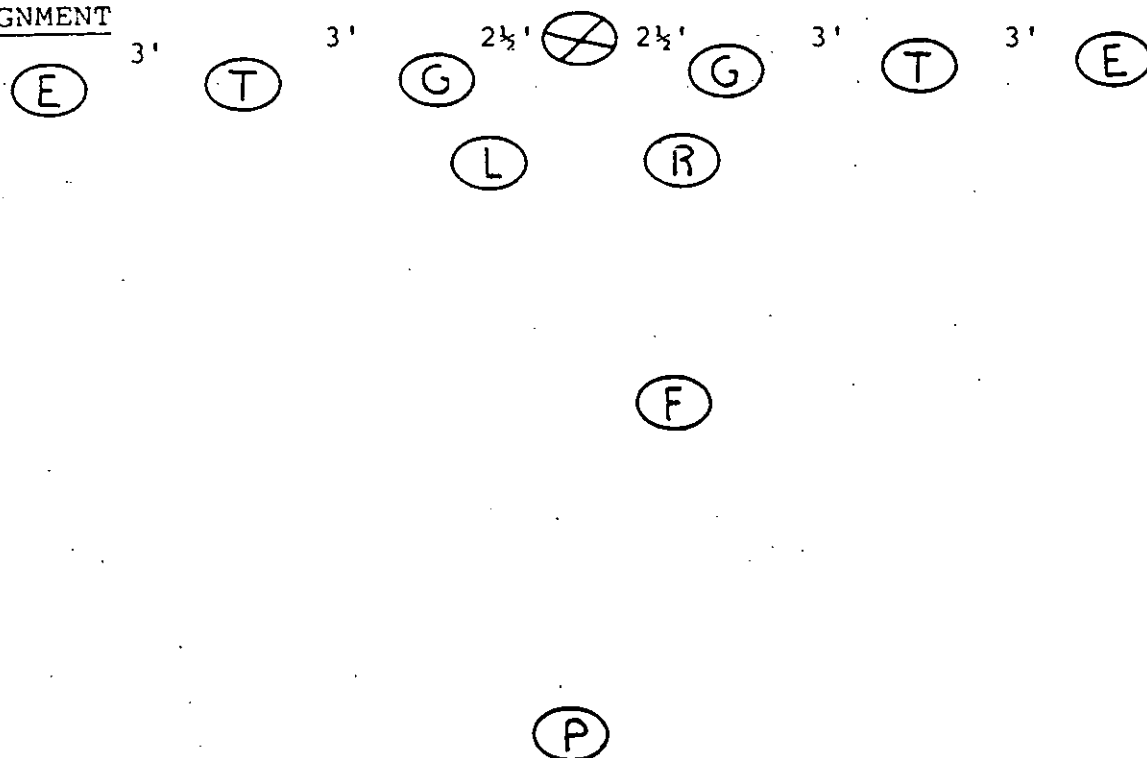
AN ILLEGAL TOUCH ON LAST PUNT AND PLAY OF HALF OR GAME GIVES RECEIVING TEAM AN ADDITIONAL PLAY AFTER TIME HAS EXPIRED.

NO HUDDLE (ALIGN ON THE FOOTBALL). THIS IS OUR NORMAL PROCEDURE.

1. CENTER - SET THE HUDDLE 8 YARDS FROM THE BALL.
2. HUDDLE CALL BY PUNTER -
 - A) TYPE OR DIRECTION OF KICK
 - B) CADENCE - "PUNT WHEN READY"; "DOWN IT INSIDE 10 MIDDLE"
"PUNT WHEN READY" "READY BREAK".
3. ON THE CALL "BREAK" TURN AND MOVE TO THE LINE OF SCRIMMAGE RAPIDLY.
4. GET SET AS QUICKLY AS POSSIBLE.
5. STANCE - ALL BLOCKERS TAKE A PRE-SHIFT STANCE. EVERYONE WILL HAVE HANDS ON THEIR KNEES.

PUNT HUDDLE, ALIGNMENT, AND CALL (Cont.)

ALIGNMENT



PUNTER: ALIGNS 15 YARDS DEEP WITH HIS RIGHT FOOT ON THE BALL. YOU ARE RESPONSIBLE TO CHECK YOUR OWN DEPTH EVERY TIME. LOOK THE BALL INTO YOUR HANDS. YOU MUST HAVE THE BALL AWAY IN 2.2 SECONDS OR LESS AND HAVE A HANG TIME OF 4.5 - 5.0. GIVE THE CENTER A TARGET WITH YOUR HANDS. BE IN A GOOD COMFORTABLE STANCE, READY TO MOVE ON THE BALL ON ANY SNAP THAT MAYBE OFF TARGET. LEARN TO KICK AWAY FROM THE RUSHERS AS WELL AS THE FREE MAN. VERSUS A 10-MAN RUSH, YOU ARE RESPONSIBLE FOR A MAN. PRACTICE FOR SPEED SO YOU DON'T HAVE TO CHANGE YOUR RHYTHM WHEN RUSHED. PICK OUT A TARGET TO PUNT TO AND THINK HEIGHT AND DISTANCE. LISTEN FOR SIFT CALL. THIS MEANS A RUSHER IS UNACCOUNTED FOR. "DOUBLE SIFT" CALL, KICK IN THE MIDDLE AND QUICKLY. YOU ARE THE SAFETY MAN. CALL OUT LOUD AND CLEAR THE DIRECTION OF THE KICK.

FULLBACK: ALIGN 7 YARDS FROM THE BALL BEHIND THE RIGHT UPBACK. IT'S IMPERATIVE THAT YOU STEP UP ON THE SNAP - GIVE THE PUNTER ROOM. C.P.: IN BACKED UP SITUATIONS, ALIGN CLOSER TO THE LINE OF SCRIMMAGE TO GIVE THE PUNTER ADEQUATE ROOM.

BOTH GUARDS: ALIGN WITH YOUR TOES BEHIND THE HEELS OF THE CENTER USING A TWO AND ONE-HALF FOOT SPACING FROM THE CENTER. C.P.: RULE ALLOWS US TO ALIGN 12 INCHES OFF THE BALL, USE IT ALL.

BOTH ENDS AND TACKLES: ALIGN WITH YOUR TOES EVEN WITH THE GUARD'S TOES. USE A THREE FOOT SPACING.

BOTH UPBACKS: ALIGN WITH THE INSIDE FOOT BEHIND THE HEEL OF THE NEAR FOOT OF THE CENTER AND YOUR HEAD EVEN WITH THE BUTT OF THE GUARD.

C.P. - IN NORMAL PUNTING SITUATIONS, DON'T ALLOW THE GUARD TO CLOSE HIS SPLIT OR DON'T YOU TIGHTEN YOUR SPLIT AS TO INTERFERE WITH THE CENTER'S RAM OR LION SNAP.

PROCEDURE AT THE LINE OF SCRIMMAGE

1. IMMEDIATELY POINT TO AND CALL OUT THE NUMBER OF THE MAN YOU WILL BLOCK. C.P. - CONTINUE TO POINT UNTIL "READY SET" CALL.

2. FULLBACKS PROCEDURE AT THE LINE OF SCRIMMAGE:

- A) THE FULLBACK WILL LOOK TO BE SURE OUR UNIT IS READY. THE FULLBACK WILL ALERT THE TEAM AS TO WHAT HE SEES.
C.P. - FULLBACK CHECK NUMBER OF RETURNERS TO DETERMINE THE FRONT. THE CALLS ARE:

<u>SEQUENCE</u>	<u>EXAMPLE</u>
1 - NUMBER OF RUSHERS	"10-MAN"
2 - DEFENSIVE DEPLOYMENT	"LOAD RIGHT"
3 - PROTECTION	"SLIDE RIGHT RAM"

C.P. - ON A BASIC CALL, IT'S AUTOMATICALLY TWO OR MAN PROTECTION.

EXAMPLE OF TYPICAL CALL: "10-MAN RIGHT, LOAD RIGHT, SLIDE RIGHT RAM READY SET".

WITH FIVE OR LESS YARDS TO GO, THE FRONT LINE CAN SHIFT FROM A TWO POINT STANCE BACK TO A TWO POINT STANCE. THE HUDDLE CALL WILL BE "SHIFT AND PUNT WHEN READY".
C.P. - USE ONLY WITH HUDDLE.

3. REASON FOR USE OF A SHIFT

- A) TO DRAW OPPONENT OFFSIDES TO GAIN A FIRST DOWN.
- B) IN ORDER TO CREATE DOUBT IN THE DEFENSE, AND IT GIVES US THE FLEXIBILITY TO ALIGN IN AN OFFENSIVE FORMATION.
- C) SHIFT UP AND DOWN WILL BE ON "READY SET".

4. PUNTING WITHOUT A HUDDLE

- A) SUBSTITUTES FORM ON BENCH ON THIRD DOWN. CHECK COUNTERPARTS ON BENCH AND/OR ON THE FIELD. EVERYONE MUST THEN RECOUNT TO MAKE CERTAIN WE HAVE 11 MEN ON THE FIELD.
- B) CALL WILL BE MADE FROM THE BENCH. DO NOT ENTER THE BALL GAME WITHOUT KNOWING WHAT CALL WE PREFER. RELAY THE CALL TO THOSE IN THE BALL GAME.
- C) SPRINT TO YOUR POSITION - BE ALERT FOR THE CALL. POINT OUT YOUR MAN - CONTINUE TO POINT UNTIL "READY SET" CALL.
- D) THE CENTER WILL LISTEN FOR THE "READY SET" CALL. HE SHOULD SNAP THE BALL AT VARIOUS TIME INTERVALS THROUGHOUT THE GAME. BUT NEVER LESS THAN TWO SECONDS AFTER THE CALL. SNAP ONLY WHEN YOU ARE READY.
- E) DON'T WASTE TIME AT THE L.O.S. WE MUST SNAP THE BALL IN 30 SECONDS OR LESS. THE PUNTER AND THE CENTER MUST BE AWARE AND MAKE A COORDINATED EFFORT TO PREVENT ANY PENALTY FROM OCCURRING BY ALLOWING THE CLOCK TO RUN OUT BEFORE WE PUT THE BALL IN PLAY. AT SOME POINT IN THE GAME, THE SNAPPER MAY TRY

PUNTING WITHOUT A HUDDLE (Cont.)

TO DELAY SNAPPING THE BALL TO PREVENT THE DEFENSE FROM TIMING THE SNAP. THE FULLBACK IS IN THE BEST POSITION TO SEE THE CLOCK, AND IF IT SHOULD BECOME CRITICAL, THE FULLBACK MUST ALERT THE CENTER BY CALLING "CLOCK-CLOCK-CLOCK". OUR CENTERS AND PUNTERS MUST PRACTICE THIS SO THEY CAN PERFORM UNDER PRESSURE WITH GOOD RESULTS. C.P. - CENTER, MAKE IT A HABIT TO BE AWARE OF THE 30 SECOND CLOCK.

- F) ON OCCASIONS, WE MAY NEED TO CONSUME TIME BY LETTING THE 30 SECOND CLOCK RUN, UTILIZING ALL THE TIME POSSIBLE PRIOR TO THE SNAP. FULLBACK AND CENTER SHOULD BE AWARE OF THIS SITUATION AND TIME IT UP TOGETHER.
- G) QUICK SNAP - AT TIMES WE MAY WANT TO CATCH OUR OPPONENT BY PUNTING BEFORE THEY ARE SET IN THEIR RETURN. THIS CALL WILL BE SENT IN FROM THE BENCH WITHOUT THE USE OF A HUDDLE. WORD MUST BE PASSED QUICKLY TO TEAMMATES ON THE FIELD THAT A QUICK SNAP IS ON. BOTH ENDS ARE TIGHT AND BASIC PROTECTION IS IN EFFECT.

5. AUDIBLE TO RUN OR PASS

- A) WE HAVE THE ABILITY TO AUDIBLE TO A RUN OR PASS FROM PUNT FORMATION. THE CALL WILL BE GIVEN TO YOU BY GAME PLAN.
- B) "999" IS A CALL MADE BY THE FULLBACK TO CANCEL THE PREVIOUS CALL. EXAMPLE: FAKE RUN OR PASS ON AND "999" IS CALLED, WE WILL PUNT AND RETURN TO NORMAL PUNT MECHANICS.
EXAMPLE: "999" - "999" "9-MAN LOAD LEFT" "READY SET"

ZONE - PUNT PROTECTION

"ONE" CALL

THE FOLLOWING GENERAL RULES MUST BE UNDERSTOOD AND APPLIED IN ORDER TO EFFECTIVELY PROTECT THE PUNTER:

- A. ANY TIME TWO OR MORE MEN TO YOUR INSIDE GAP, TIGHTEN DOWN YOUR SPLIT.
- B. ANY TIME YOU ARE FREE, CHECK BACK INSIDE.
- C. AREA BLOCK ALL STACKS.
- D. FULLBACK - CHECK THE NUMBER OF RUSHERS THREATENING THE PUNTER. CALL OUT ALL LOADS.

RULES

1. UPBACKS

CALL "OK" WHEN YOU CAN BLOCK ALL RUSHERS FROM THE HEAD OF THE CENTER TO THE HEAD OF THE GUARD. THE "OK" CALL ALERTS THE GUARD, TACKLE AND END ON THAT SIDE THAT THEY CAN FOLLOW THEIR NORMAL RESPONSIBILITY. USE A DOUBLE-BUMP OR LEG WHIP TECHNIQUE ON ALL RUSHERS IN YOUR AREA. REMEMBER THE FULLBACK WILL BACK YOU UP. COMMUNICATE IN REFERENCE TO THE GUARDS SPLIT, ("OK OR TIGHTEN UP").

2. GUARDS - TACKLES - ENDS

ON "OK" CALL, TAKE A DROP STEP WITH YOUR OUTSIDE FOOT AND BLOCK HARD THROUGH YOUR OUTSIDE GAP AREA. THIS AREA IS CONSIDERED THE FIRST MAN TO YOUR OUTSIDE. BE SURE TO CLOSE YOUR SPLIT IF THERE ARE TWO MEN IN BETWEEN YOU AND THE NEXT INSIDE PROTECTOR.

3. FULLBACKS

BLOCK THE MOST DANGEROUS MAN, USING THIS PRIORITY:

- a) MIDDLE
- b) KICKERS FOOT SIDE
- c) SIDE OPPOSITE KICKER'S LEG

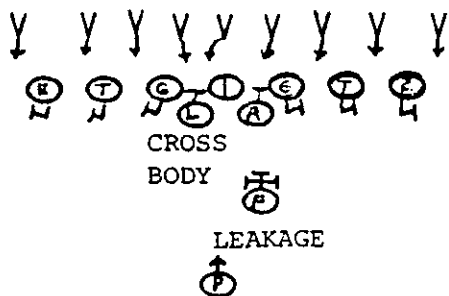
NEVER BACK UP AND ALWAYS BLOCK FACE IN NUMBERS.

CP - ANY TIME THERE ARE TWO OR MORE MEN OUTSIDE YOUR RESPONSIBILITY WHEN YOUR END IS WIDE - CALL "HELP" - AND BRING YOUR END BACK IN.

4. PUNTER

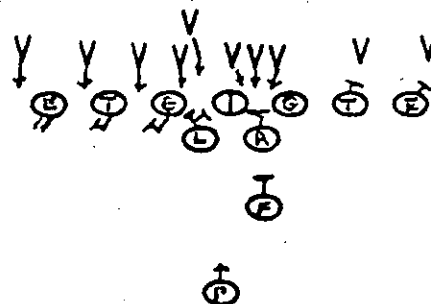
PUNT THE BALL IN 2.2 SECONDS OR LESS, AND ACCORDING TO THE CALL. BE SURE YOU KNOW THE PROTECTION AND HOW IT WILL AFFECT THE DIRECTION OF THE KICK.

ONE - PROTECTION - UPBACK - CROSS BODY
TWO RUSHERS.



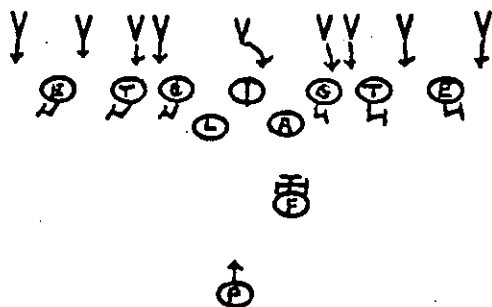
A

LEFT UPBACK - DOUBLE BUMP. RIGHT
UPBACK - CROSS - BODY ALL THREE. BOTH
GUARDS CLOSE SPLITS + HELP UPBACK.



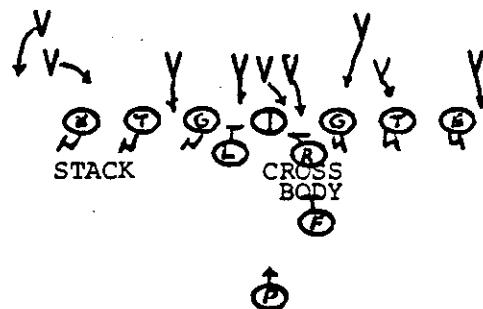
B

TACKLES CLOSE SPLIT - WHEN TWO MEN
BETWEEN THEM AND NEXT INSIDE MAN.
GUARD BLOCK HARD THROUGH OUTSIDE GAP.



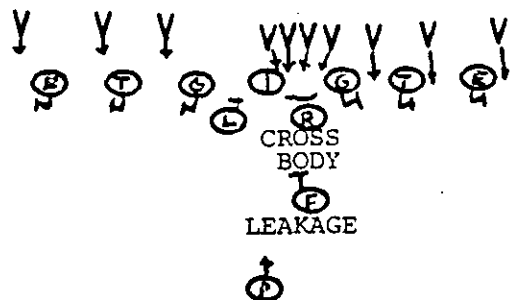
C

WHEN BLOCKING STACKS - DON'T FIRE OUT.
DROP STEP AND COMMUNICATE.



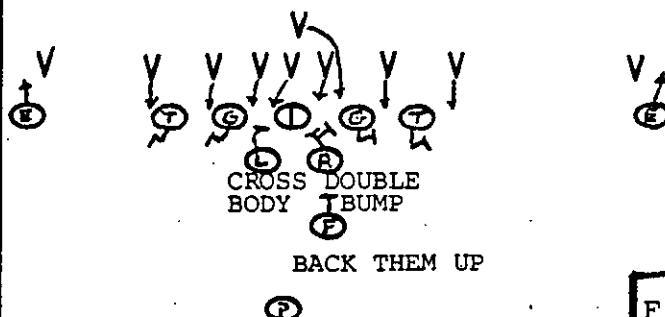
D

RIGHT GUARD CLOSE SPLIT DOWN TO MAKE
AREA TOO SMALL FOR ALL MEN TO RUN
THROUGH.



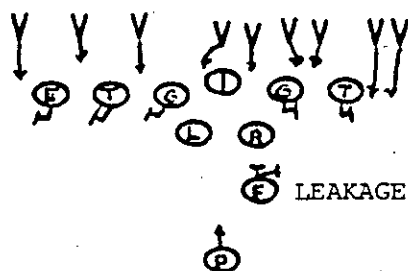
E

GUARDS CLOSE SPLITS DOWN. UPBACKS
CROSS - BODY OR DOUBLE BUMP. FULLBACK
CHECK LEAKAGE



F

7 - MEN TO OPEN END SIDE. GUARD AND
TACKLE CLOSE SPLIT, DROP-STEP AND
BLOCK OUT.



G

H

MAN - PUNT PROTECTION

"TWO" CALL - BASIC PROTECTION (AUTOMATIC UNLESS OTHERWISE DESIGNATED)

GENERAL RULES

- a. THE COUNT SYSTEM STARTS FROM THE INSIDE OUT.
- b. ANY MAN ON THE HEAD OF THE CENTER IS CONSIDERED ZERO.
- c. UPBACKS - ALIGN THREE FEET BEHIND HEELS OF THE CENTER, INSIDE LEG EVEN WITH THE CENTER'S LEG. C.P.: HEAD ON THE BUTT OF GUARD.

BASIC RULES (ALL COUNTING & NUMBERING IS FROM INSIDE OUT)

FULLBACK

BLOCK THE MAN ON THE CENTER (ZERO). IF NO ONE THERE, BLOCK NUMBER 5 TO KICKER'S FOOT SIDE, AND IF NO NUMBER 5 THERE, BLOCK NUMBER 5 AWAY FROM KICKER'S FOOT SIDE. C.P. IF HAWK IS SPLIT, SUBSTITUTE 4 FOR YOUR RULE INSTEAD OF 5.

UPBACKS

BLOCK NUMBER 1. NUMBER 1 IS CONSIDERED TO BE THE FIRST MAN OFF THE HEAD OF THE CENTER TO YOUR SIDE. NOTE: ALIGN 3 FEET BEHIND HEELS OF CENTER OR HEAD ON THE BUTT OF GUARD.

GUARDS

BLOCK NUMBER 2. NUMBER 2 IS CONSIDERED TO BE THE SECOND MAN OFF THE HEAD OF THE CENTER OR THE FIRST MAN OUTSIDE NUMBER 1.

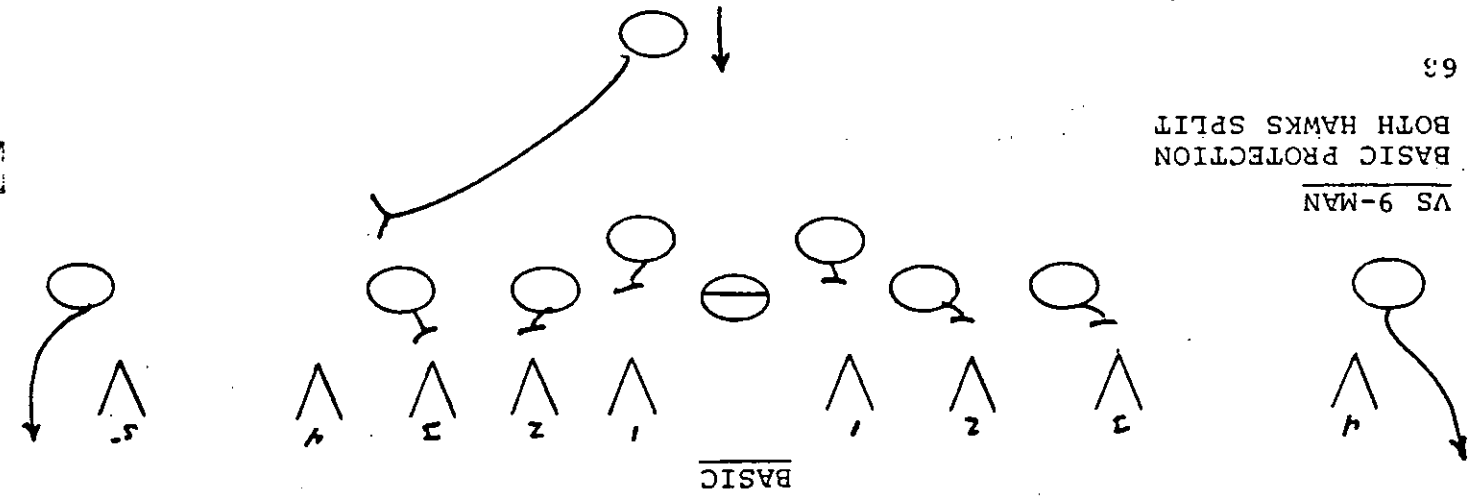
TACKLES

BLOCK NUMBER 3. NUMBER 3 IS CONSIDERED TO BE THE THIRD MAN OFF THE HEAD OF THE CENTER OR THE FIRST MAN OUTSIDE THE NUMBER 2.

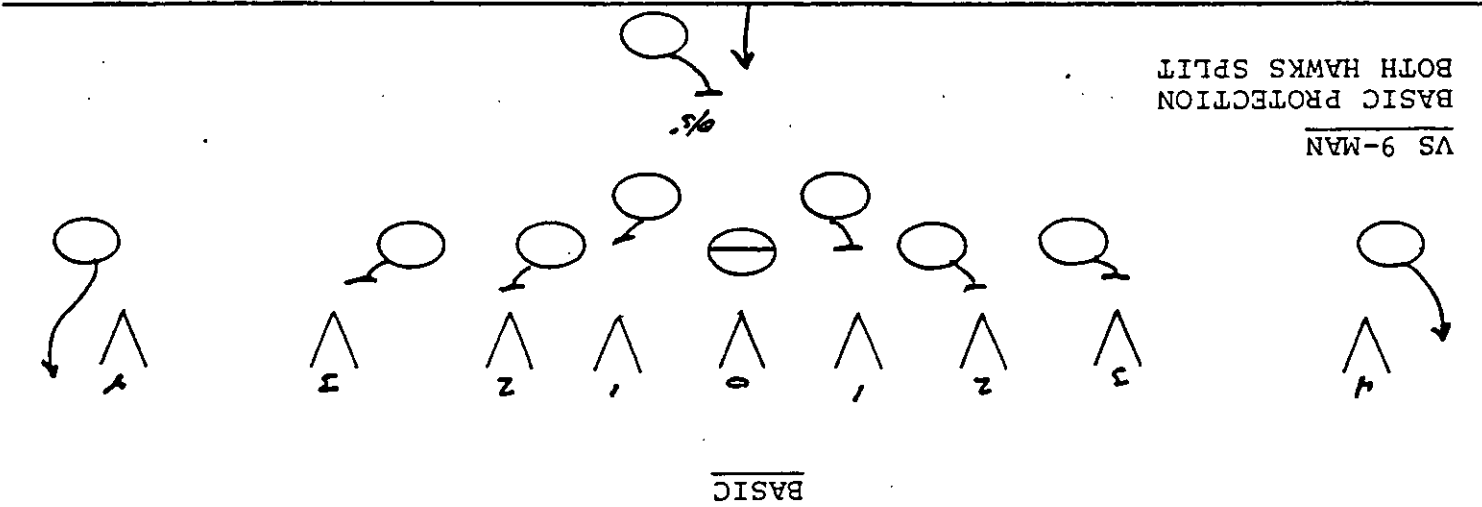
ENDS

BLOCK NUMBER 4. NUMBER 4 IS CONSIDERED TO BE THE FOURTH MAN OFF THE HEAD OF THE CENTER OR THE FIRST MAN OUTSIDE THE NUMBER 3 MAN.

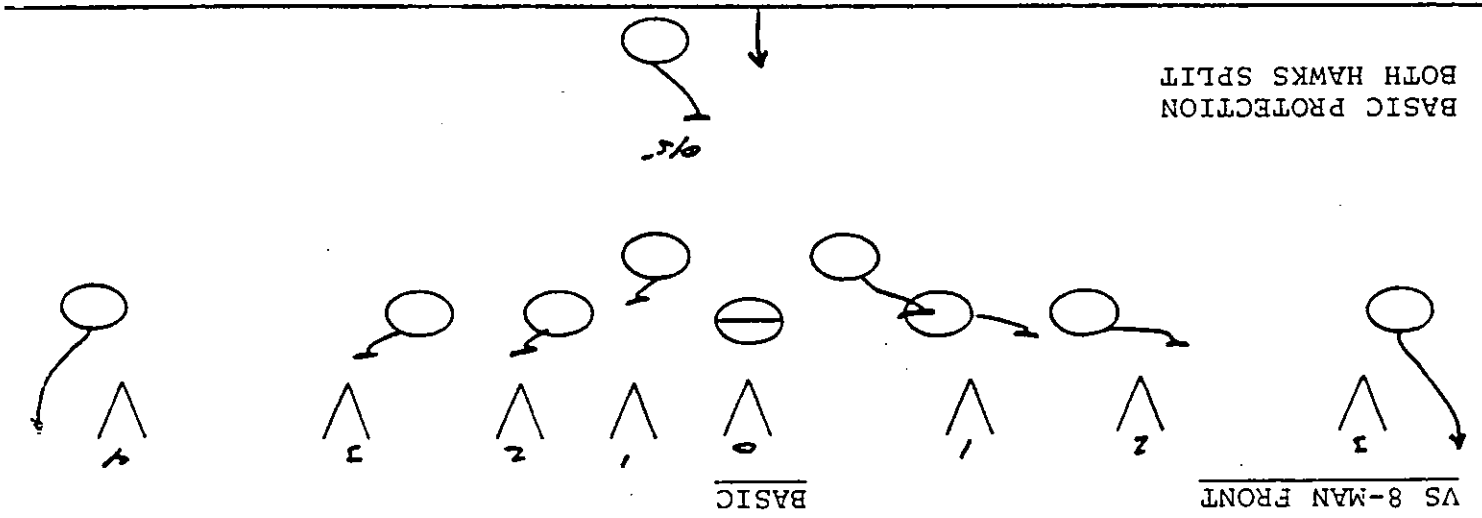
VS 9-MAN
BASIC PROTECTION
BOTH HAWKS SPLIT



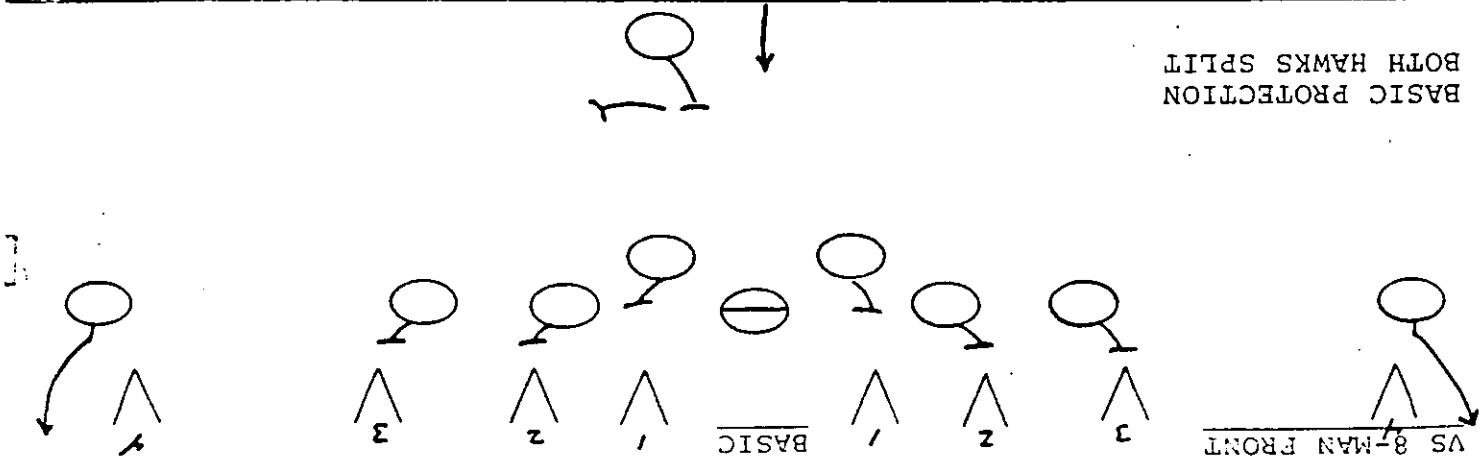
VS 9-MAN
BASIC PROTECTION
BOTH HAWKS SPLIT



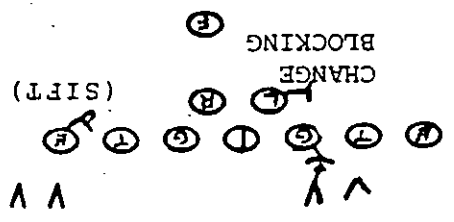
VS 8-MAN FRONT
BASIC PROTECTION
BOTH HAWKS SPLIT



VS 8-MAN FRONT
BASIC PROTECTION
BOTH HAWKS SPLIT



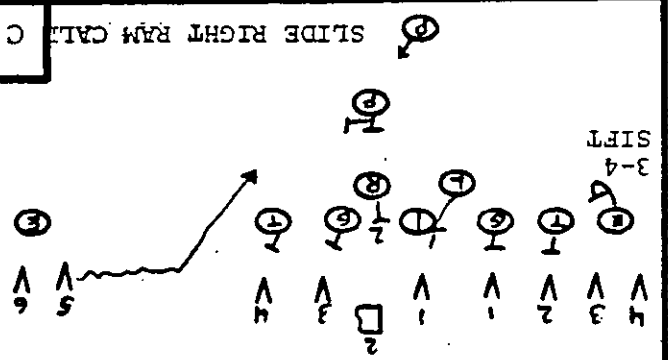
"SINGLE SIFT"
NOTE: ON CHANGE CALL, #1 MUST BE HEAD UP OR OUTSIDE GUARD.



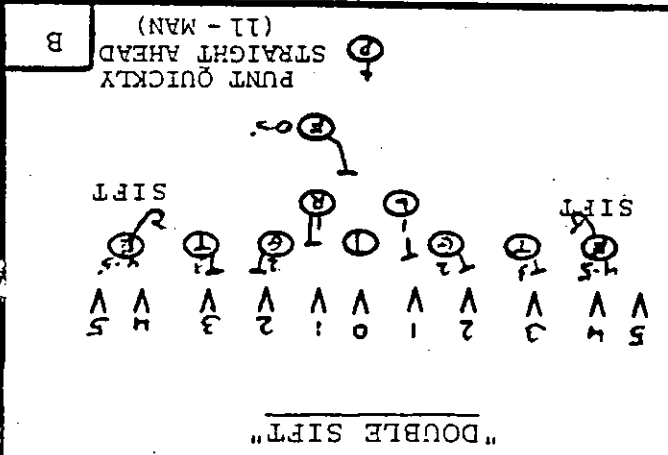
PUNT AWAY FROM SIFT

A

SLIDE RIGHT RAM S
DOUBLE COVERAGE MAN CHARGES LATE

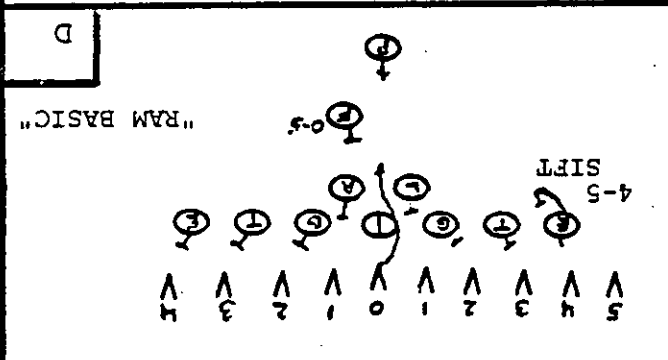


C



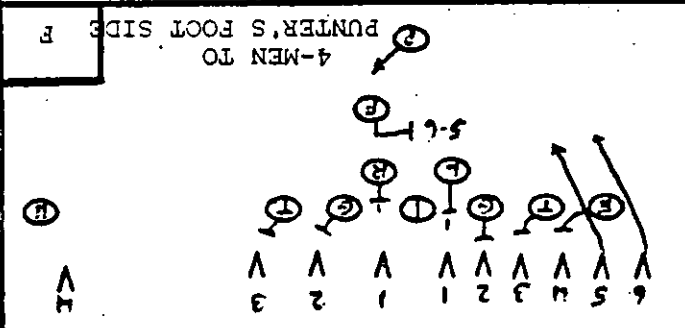
B

"RAM" PUNTING AWAY FROM 6-MAN LOAD
CENTER COVERED



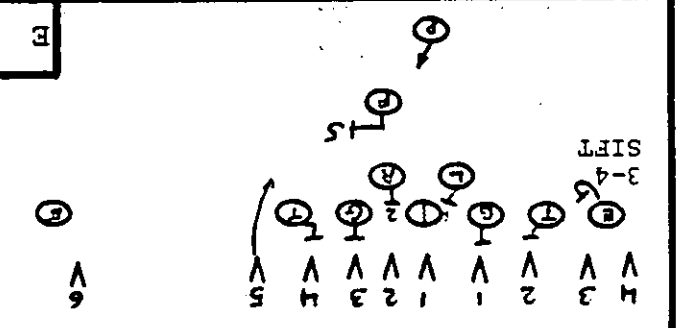
D

"RAM - PUNTING AWAY FROM FB BLOCK 5/6 LOAD - CENTER UNCOVERED
TO LOAD SIDE.



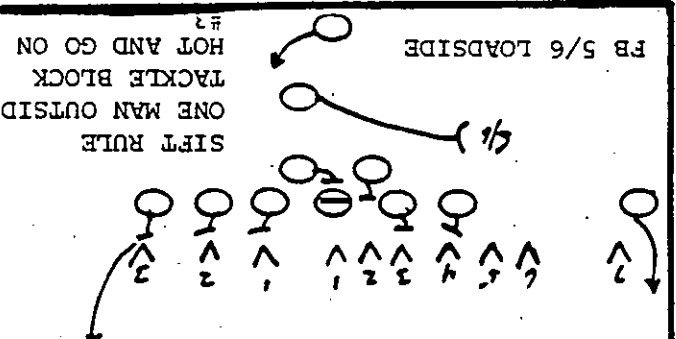
E

SLIDE RIGHT RAM

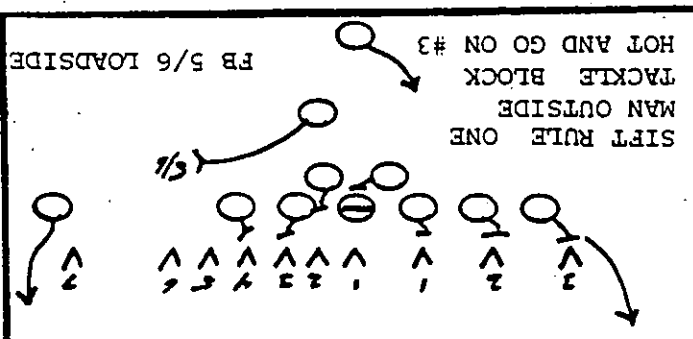


F

"SLIDE LEFT LION - R"
VS 7 MAN LOAD



"SLIDE RIGHT RAM - L"
VS 7 MAN LOAD



ZERO - PROTECTION

"ZERO" IS CALLED WHEN THERE ARE TWO MEN STACKED ON THE HEAD OF CENTER. (DOES NOT APPLY VS. A 10 MAN RUSH OR A SLIDE CALL.)

A. CENTER AND PUNTER
NO CHANGE.

B. UPBACKS
BOTH UPBACKS ARE RESPONSIBLE FOR THE TWO ZERO MEN. BE AWARE OF STUNTS. BE SURE TO COMMUNICATE. SHOULD YOU HAVE TO CROSS BEHIND THE CENTER, BE SURE THE CENTER SNAP IS PAST YOU.

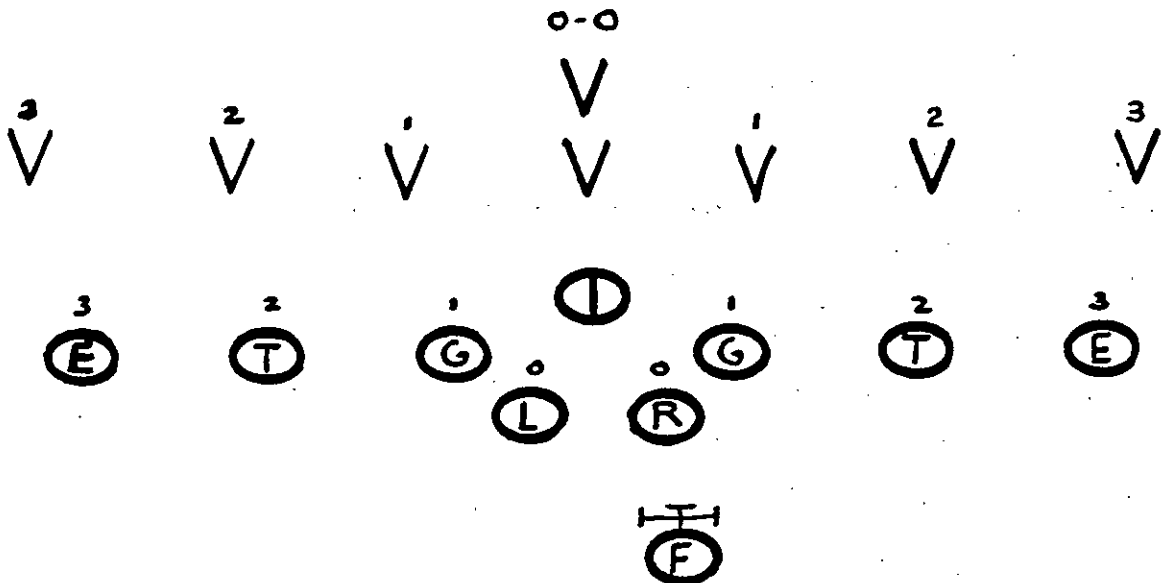
C. GUARDS
BOTH GUARDS NOW BLOCK NUMBER 1 MAN. (2-MAN WAS BASIC RULE). BLOCK THE FIRST MAN YOUR SIDE OFF THE CENTER AREA.

D. TACKLES
BOTH TACKLES BLOCK THE NUMBER 2 MAN (3-MAN WAS BASIC RULE). BLOCK THE SECOND MAN OFF CENTER AREA YOUR SIDE.

E. ENDS
BOTH ENDS BLOCK NUMBER 3 MAN. (4-MAN WAS BASIC RULE) BLOCK THE THIRD MAN OFF CENTER AREA YOUR SIDE.

F. FULLBACK
BLOCK - a) INSIDE LEAKAGE
b) KICKER FOOT SIDE
c) BACK SIDE
(BASIC WAS 0-5).

C.P.: "0" ("ZERO") PROTECTION TELLS UPBACKS TO HANDLE STACK OVER CENTER. (BOTH UPBACKS BLOCK "0" MEN)
FULLBACK BLOCKS TO SIDE OF KICKER'S FOOT INSIDE OUT.



C.P. - EVERYONE BLOCK ONE
NUMBER LOWER.

RAM OR LION (USED IN BASIC PROTECTION)

A RAM OR LION SCHEME IS USED VS. A 10 MAN LOOK IN BASIC PROTECTION -

- A) VS. A 10 MAN BALANCED
- B) VS. A 10 MAN LOADED (6 MAN)

WHEN PUNTING AWAY FROM THE OVERLOAD.

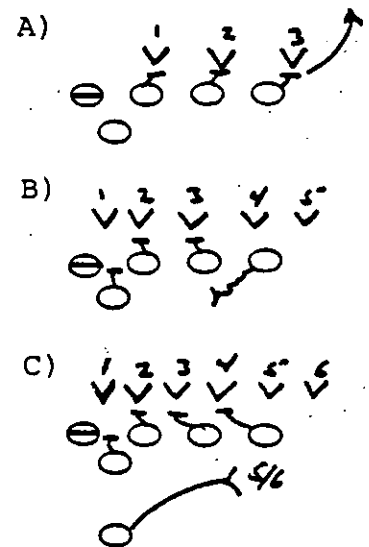
"RAM" IS SIGNIFICANT IN THAT IT DESIGNATES TO THE PUNTER TO PUNT TO HIS RIGHT, THE SNAPPER WILL SLIGHTLY LEAD THE PUNTER TO HIS RIGHT, AND THE SIFT WILL BE ON THE LEFT SIDE. IF A MAN COMES FREE, HE WILL BE COMING FROM THE LEFT SIDE, THE SIFT SIDE.

"LION" IS SIGNIFICANT IN THAT IT DESIGNATES TO THE PUNTER TO PUNT TO HIS LEFT, THE SNAPPER WILL SLIGHTLY LEAD THE PUNTER TO HIS LEFT, AND THE SIFT WILL BE ON THE RIGHT SIDE. IF A MAN COMES FREE, HE WILL BE COMING FROM THE RIGHT SIDE, THE SIFT SIDE.

SIFT RULE

ENDS BLOCKING RULE ON A SIFT CALL:

- A) ONE MAN OUTSIDE THE TACKLES BLOCK (MAN HE IS POINTING TO). HOT AND GO ON #3.
- B) TWO MEN OUTSIDE THE TACKLES BLOCK (MAN HE IS POINTING TO) SIFT.
C.P.- GET DEPTH OFF L.O.S. WITH INSIDE MOVEMENT. CHECK INSIDE MAN FIRST. N/T BLOCK NEXT OUTSIDE MAN (4 AND 5).
- C) THREE MEN OUTSIDE THE TACKLES BLOCK (MAN HE IS POINTING TO). BLOCK BASIC #4.
HOT AND GO.



HAWK TO THE SIDE OF CALL SPLIT OUT. C.P.- ALIGN OUTSIDE THE NUMBERS. HAWK AWAY FROM THE CALL MUST REDUCE IN ORDER TO EXECUTE A SIFT TECHNIQUE.

FULLBACK'S RULE

- A) VS. 10 MAN BALANCED BLOCK 4 OR 5 TO SIDE OF CALL - N/T AWAY.

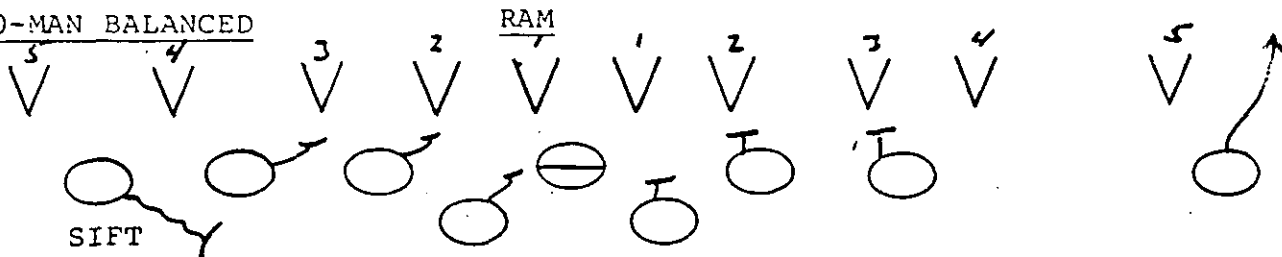
HAWK SPLIT #4
HAWK TIGHT #5

- B) VS. 10 MAN LOADED (6 MAN)

CENTER COVERED, BLOCK #0 PUNTING AWAY FROM LOAD.
CENTER UNCOVERED, BLOCK 5/6 TO LOADED SIDE. PUNTING AWAY FROM LOAD.

- C) VS. 10 MAN FRONTS - BASIC PROTECTION WILL BE USED WITH A RAM - LION OR A SLIDE CALL, BOTH OF THESE PROTECTIONS WILL INCORPORATE A SIFT CALL.

VS. 10-MAN BALANCED



RAM

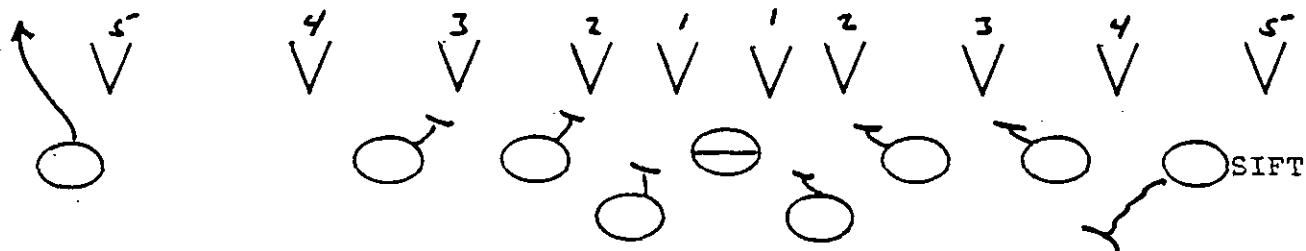
FULLBACK 4/5

LEFT HAWK REDUCE

AND SIFT (1 MEN OUTSIDE TACKLES BLOCK)

VS. 10-MAN BALANCED

LION



LION

FULLBACK 4/5

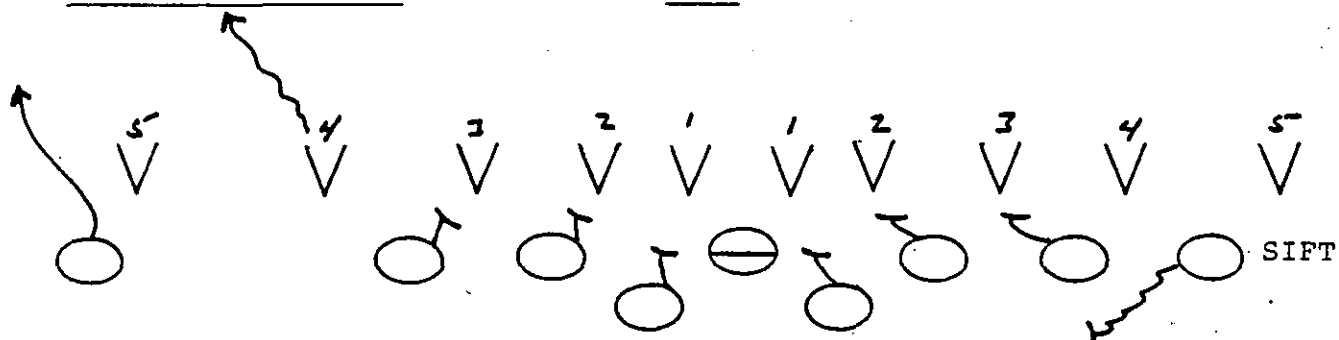
RIGHT HAWK REDUCE

AND SIFT

(2 MEN OUTSIDE TACKLES BLOCK)

VS 10-MAN BALANCED

LION



FULLBACKS -

IF MAN DROPS

OFF - CHECK AWAY.

CALL - 10-MAN LOAD
RIGHT - LION

CALL - 10-MAN LOAD
RIGHT - LION
55/55

CALL - 10 MAN LOAD
LEFT RAM
#55/#55

SLIDE PROTECTION (USED IN BASIC PROTECTION)

SLIDE PROTECTION CAN BE EMPLOYED VS. 9 OR 10 MAN FRONTS WITH AN OVERLOAD TO ONE SIDE OF THE CENTER (FROM HEAD UP ON THE CENTER TO ONE SIDE). A SLIDE BLOCKING SCHEME WILL GENERALLY BE USED WITH A RAM OR LION CALL UTILIZING A SIFT CALL ON THE BACK SIDE VS. 10 MAN LOADED FRONTS. HOWEVER, IT MAY BE CALLED VS. A 9 MAN LOADED FRONT. C.P.- VS. A 9 MAN FRONT, A SIFT CALL WILL NOT BE NEEDED ON THE BACK SIDE.

- A) VS. A 9 MAN LOADED (6 MAN), PUNT TO THE LOADED SIDE, ALL RUSHERS WILL BE ACCOUNTED FOR.
- B) VS. A 10 MAN LOADED (6 MAN) BY GAME PLAN, WE HAVE THE CHOICE OF PUNTING TO THE LOADED SIDE WITH SLIDE PROTECTION, OR PUNTING AWAY FROM THE LOADED SIDE BY EMPLOYING A RAM OR LION CALL.

"SLIDE RIGHT RAM" IS EXPLAINED -

CENTER AND PUNTER: RESPONSIBLE FOR FREE RUSHER SNAP AND PUNT TO THE RIGHT.

LEFT END: SIFT.

LEFT TACKLE: BLOCK #2 AWAY.

LEFT GUARD: BLOCK #1 AWAY.

LEFT UPBACK: BLOCK THE FIRST RUSHER FROM HEAD UP ON THE CENTER TO THE CALL SIDE (RIGHT). ALLOW THE CENTER'S SNAP TO PASS BEFORE YOU CROSS OVER. YOU START THE COUNT. BE DELIBERATE. CALL OUT AND POINT OUT YOUR MAN. (BASIC WAS #1 YOUR SIDE.) C.P.- ALIGN WITH ENOUGH DEPTH TO EXECUTE - STEP TO CENTER AND READ #1.

RIGHT UPBACK: BLOCK THE SECOND RUSHER FROM THE CENTER TO YOUR SIDE. (BASIC WAS #1.)

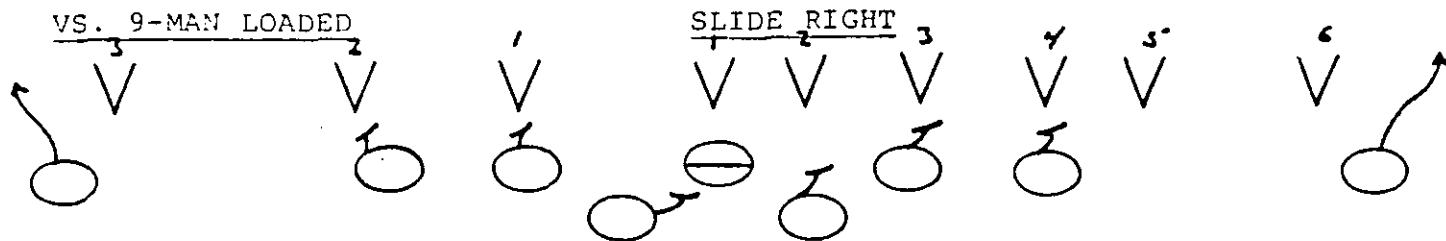
RIGHT GUARD: BLOCK THE THIRD RUSHER FROM THE CENTER TO YOUR SIDE. (BASIC WAS #2.)

RIGHT TACKLE: BLOCK THE FOURTH RUSHER FROM THE CENTER TO YOUR SIDE. (BASIC WAS #3.)

RIGHT END: BLOCK THE FIFTH RUSHER FROM THE CENTER TO YOUR SIDE. (BASIC WAS #4.)

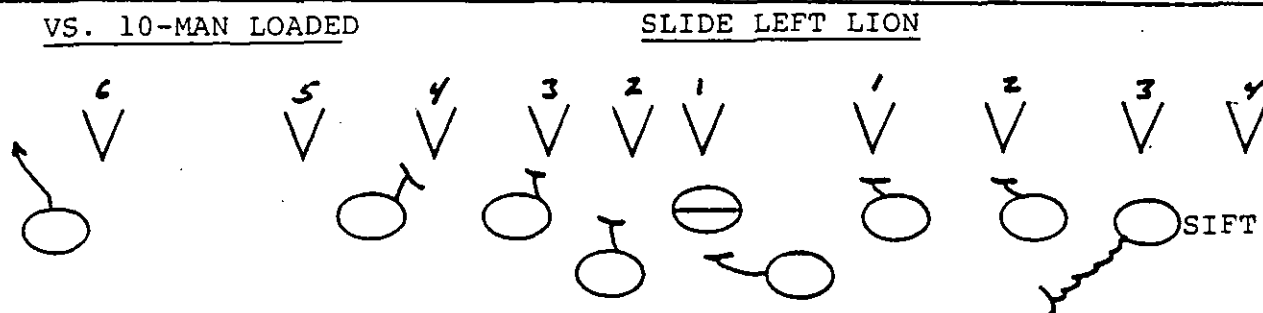
FULLBACK: CHECK MIDDLE LEAKAGE. THEN TURN OUT AND BLOCK 6TH RUSHER FROM THE CENTER TO THE SIDE OF CALL. C.P.- WITH HAWK SPLIT, BLOCK #5. (BASIC WAS 0/5.)

C.P.- CALL SIDE BLOCKS ONE NUMBER HIGH
OFF SIDE BLOCKS ONE NUMBER LOWER.



VS. A 9-MAN LOADED - PUNT TO THE LOADED SIDE ALL RUSHERS ARE ACCOUNTED FOR.

C.P. - NO SIFT CALL NEEDED VS. S 9-MAN FRONT.



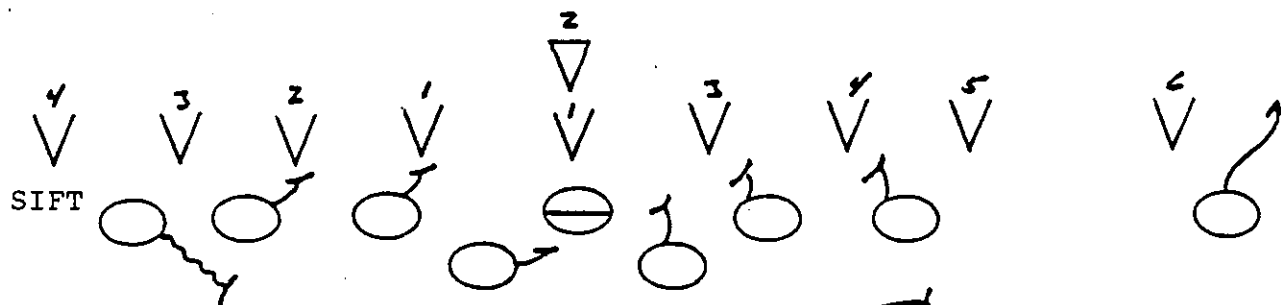
VS 10-MAN END AWAY FROM CALL MUST REDUCE TO EMPLOY A SIFT TECHNIQUE.

SIFT RULE: - 2 MEN OUTSIDE TACKLES BLOCK SIFT.

VS 10-MAN "0" STACK

SLIDE RIGHT RAM

C.P. UPBACKS AREA 1 & 2 STACK.

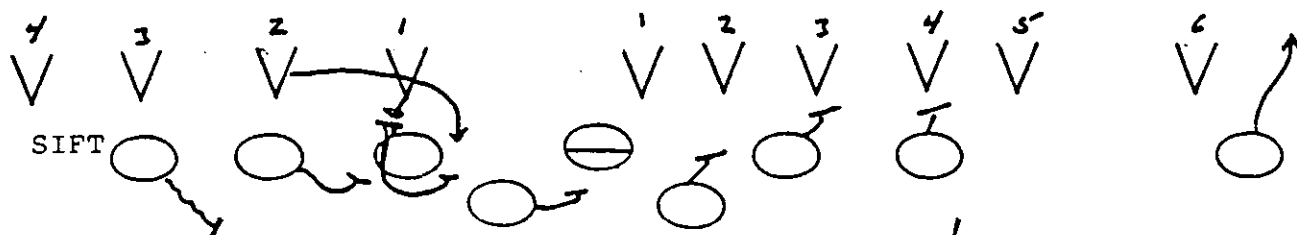


VS. 10-MAN END AWAY FROM CALL MUST REDUCE TO EMPLOY A SIFT TECHNIQUE

SIFT RULE: 2 MEN OUTSIDE TACKLES BLOCK SIFT

VS 10-MAN LOADED

SLIDE RIGHT RAM



C.P.- WHEN OPPONENTS ANTICIPATE SLIDE PROTECTION WILL TWIST STUNT OVER VACATED AREA.

SIFT RULES: 2 MEN OUTSIDE TACKLES BLOCK SIFT.

SLIDE CALL VS A 7-MAN OVERLOAD

VS. A 10 MAN - WITH A 7 MAN OVERLOAD, WE PREFER PUNTING AWAY FROM THE OVERLOAD TO THE 3 MAN SIDE. WE ACCOMPLISH THIS BY EMPLOYING A SLIDE CALL WITH A RAM OR A LION - (SIFT RULE: ONE MAN OUTSIDE THE TACKLES BLOCK HOT AND GO ON #3). A DIRECTIONAL CALL IS GIVEN THE PUNTER BY STATING "R" OR "L" AT THE END OF THE CALL.

EXAMPLE: "SLIDE RIGHT RAM - L"
"SLIDE LEFT LION - R"

VS. 10-MAN LOADED (7 MAN)

"SLIDE RIGHT RAM L"

SIFT RULE: ONE MAN OUTSIDE
TACKLES BLOCK HOT AND GO #3
FULLBACKS - 5/6 LOAD SIDE.

VS. 10-MAN LOADED (7 MAN)

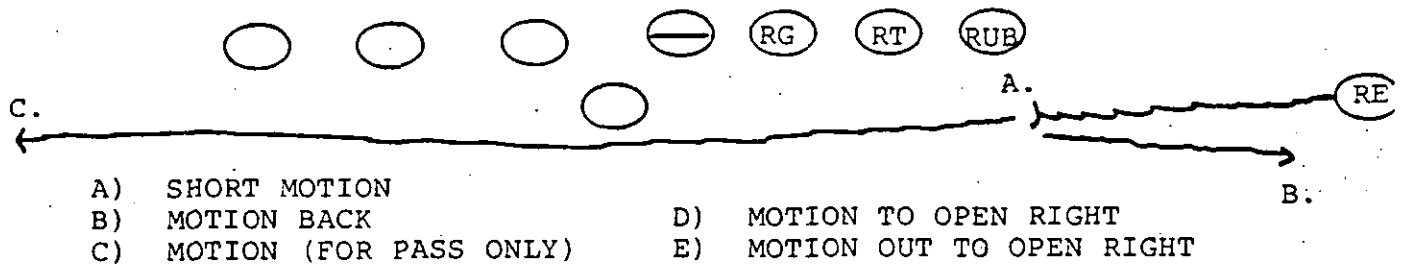
"SLIDE LEFT LION R"

SIFT RULE: ONE MAN OUTSIDE
TACKLES BLOCK HOT & GO #3
FULLBACKS - 5/6 TO LOAD SIDE

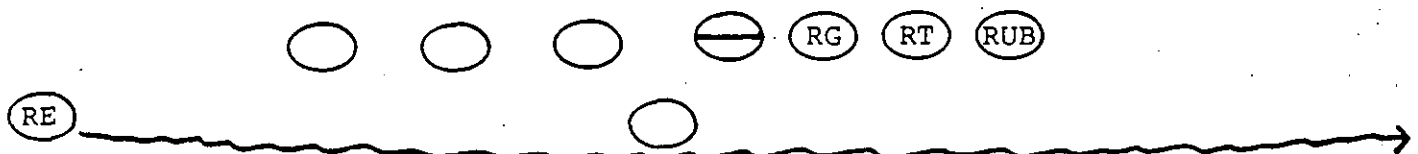
OPEN RIGHT PRINCIPLES

THE HAWK WILL AUTOMATICALLY MOTION TO AVOID THE DOUBLE TEAM. C.P. IF DOUBLE TEAMED, THIS WILL OF COURSE ASSIST THE HAWK IN COVERAGE.

IF THE BALL HAS NOT BEEN SNAPPED AND THE MOTION MAN HAS REACHED THE RUB, GO AHEAD INTO YOUR MOTION BACK.



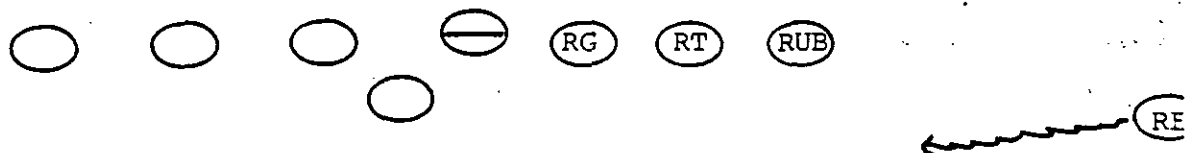
MOTION TO OPEN RIGHT



MOTION OUT TO OPEN RIGHT



THE UPBACK TO THE OPEN SIDE ALIGNS ON THE L.O.S. OUTSIDE OF THE TACKLE. COVER DIRECTLY UPFIELD IN RELATIVE COVERAGE LANE. THE TACKLE WILL CONTINUE TO CONTAIN.



FROM AN OPEN RIGHT WE WILL USE BASIC PROTECTION WITH A RAM OR SLIDE RIGHT CALL -

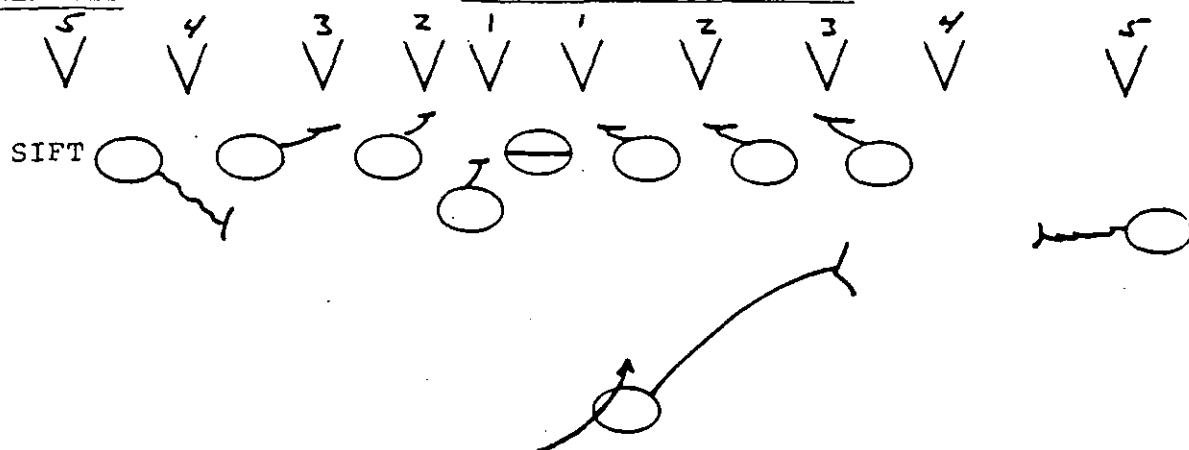
VS. 10 MAN BALANCED - RAM CALL.

VS. 10 LOAD TO OPEN SIDE - SLIDE RIGHT RAM

VS. 10 MAN LOAD AWAY FROM OPEN SIDE - RAM CALL - PUNT AWAY FROM THE OVERLOAD.

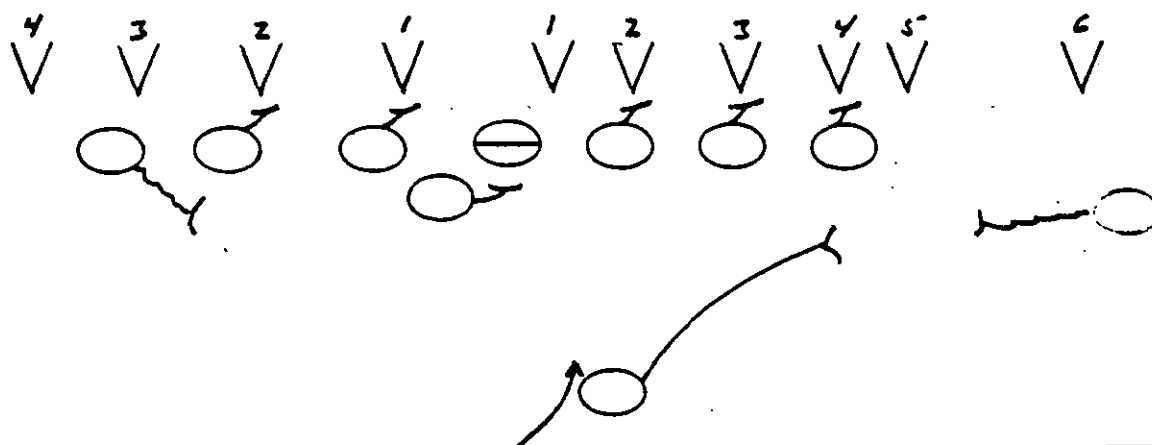
C.P.- WE CANNOT EMPLOY A SLIDE CALL AWAY FROM THE OPEN SIDE.

10-MAN BALANCED



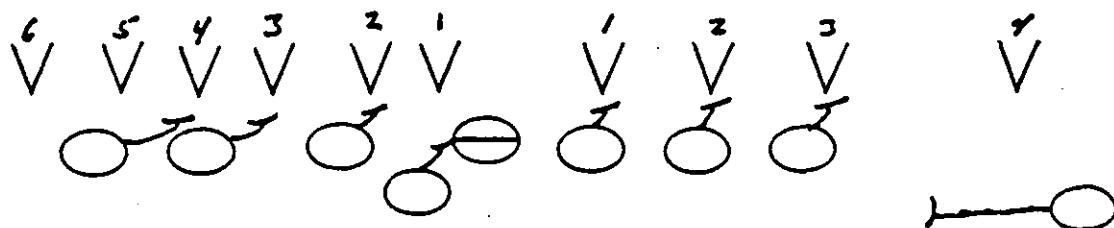
10-MAN LOADED TO OPEN SIDE

"SLIDE RIGHT RAM" WITH OPEN RIGHT



10-MAN LOADED AWAY (EVEN)

"RAM" WITH OPEN RIGHT



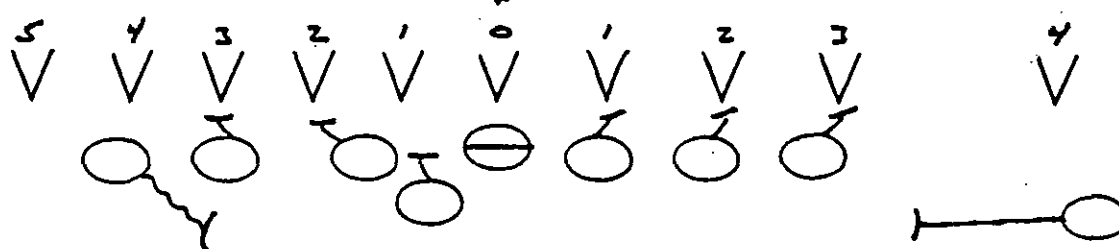
SIFT RULE - 3 MEN
OUTSIDE TACKLES BLOCK
BLOCK BASIC #4



FULLBACKS - 5/6 TO
LOADSIDE.

10-MAN LOADED AWAY (ODD)

"RAM" WITH OPEN RIGHT



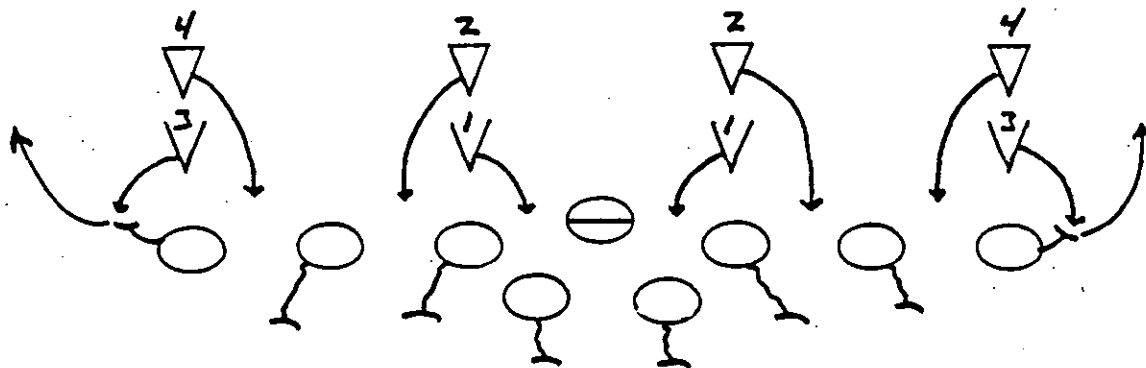
SIFT RULE: 2 MEN OUTSIDE
TACKLES LBLOCK - SIFT



FB - CENTER COVERED
BLOCK #0.

BASIC PROTECTION VS. STUNTS

STACK RUSH - AREA BLOCK ALL STACKS

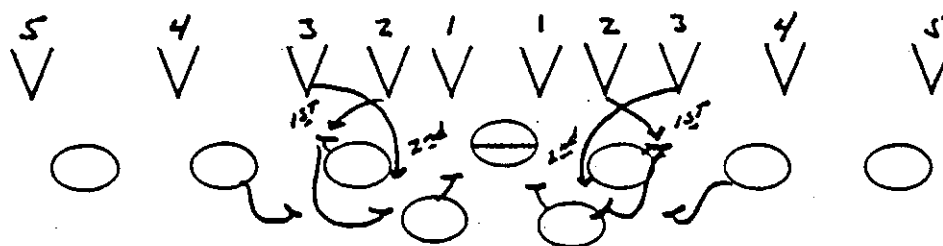


COACHING POINTS:

- A) FIRST GET DEPTH OFF LINE OF SCRIMMAGE.
 - B) READ STACK RUSH
 - C) HOT MAN WHO BECOMES YOUR ASSIGNMENT
 - D) 2 MEN INVOLVED MUST COMMUNICATE.
- EXAMPLE: LOOK AT YOUR PARTNER AND MAKE CALL " YOU AND I, WE'VE GOT THE STACK".

TWIST STUNTS

AREA BLOCK ALL TWIST STUNTS.



COACHING POINTS:

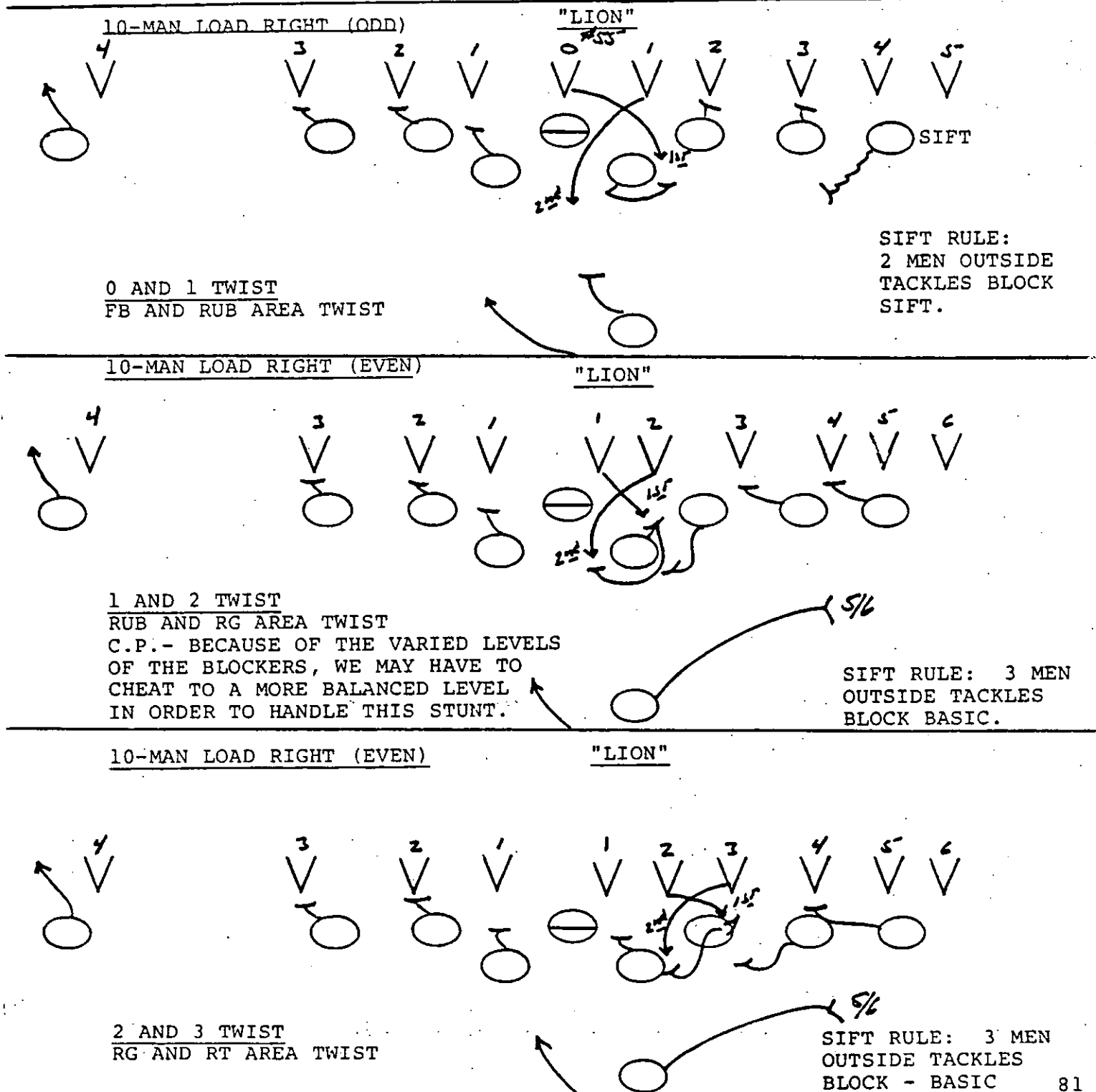
- 1) ANYTIME YOU ANTICIPATE A TWIST STUNT, YOUR FIRST ADJUSTMENT IS TO GET DEPTH ON YOUR SET TO LET THE TWIST UNFOLD.
- 2) BLOCKER RESPONSIBLE FOR THE FIRST MAN IN TWIST HOT HIM AS QUICKLY AND AS SHORT AS POSSIBLE BEFORE HE GAINS DEPTH. THE DRASTIC ANGLE OF THE FIRST MAN SHOULD ALERT YOU TO THE POSSIBILITY OF THE TWIST, BUT NEVER COME OFF YOUR MAN UNTIL YOU ACTUALLY SEE THE TWIST STUNT BEHIND HIM AND "HAND HIM OVER" TO YOUR PARTNER. REMEMBER YOU HAVE TIME TO GAIN DEPTH AND PICK UP THE SECOND RUSHER.
- 3) BLOCKER RESPONSIBLE FOR 2ND MAN IN TWIST - AS YOU FEEL YOUR MAN GO BEHIND THE FIRST RUSHER, SLIDE TO INSIDE, SQUARE UP AND MEET FIRST RUSHER HEAD UP.

TWIST STUNTS (Cont.)

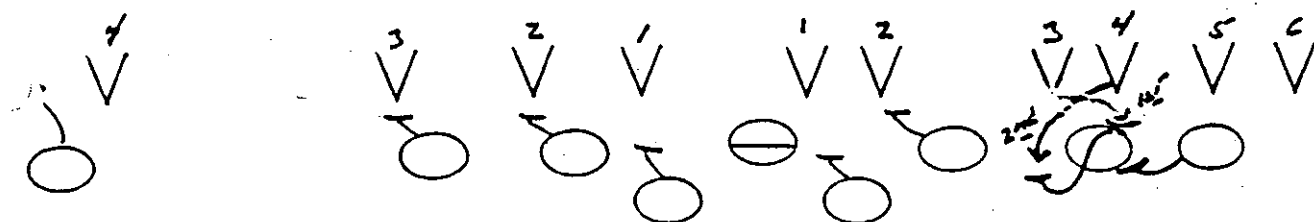
THE FOLLOWING EXAMPLES ILLUSTRATE OUR TECHNIQUE IN PICKING UP THE VARIOUS TWIST STUNTS WE MAY SEE.

THE PROTECTION DEPICTED IS A LION CALL PUNTING AWAY FROM A 10 MAN LOADED (6 MAN).

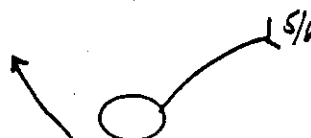
C.P. - IF OUR OPPONENTS ANTICIPATE SLIDE PROTECTION, THEY FAVOR TWIST STUNTS AWAY FROM THE SLIDE CALL. C.P. OVER THE GUARD & UPBACK.



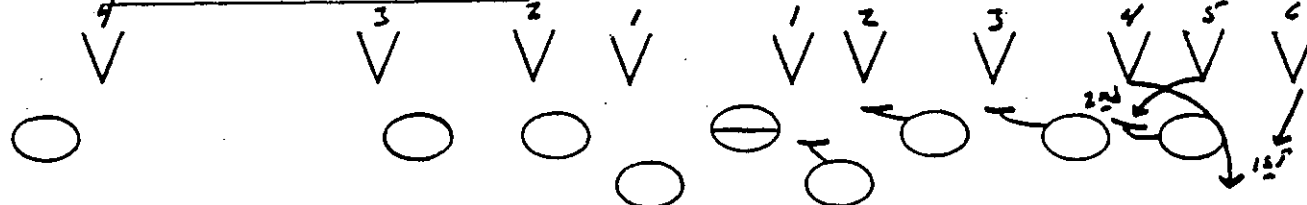
"LION"



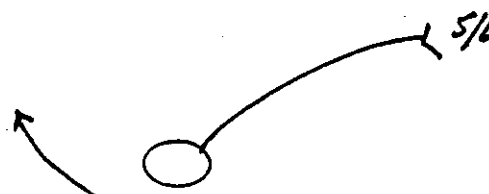
SIFT RULE:
3 MEN OUTSIDE TACKLES
BLOCK BASIC



"LION"



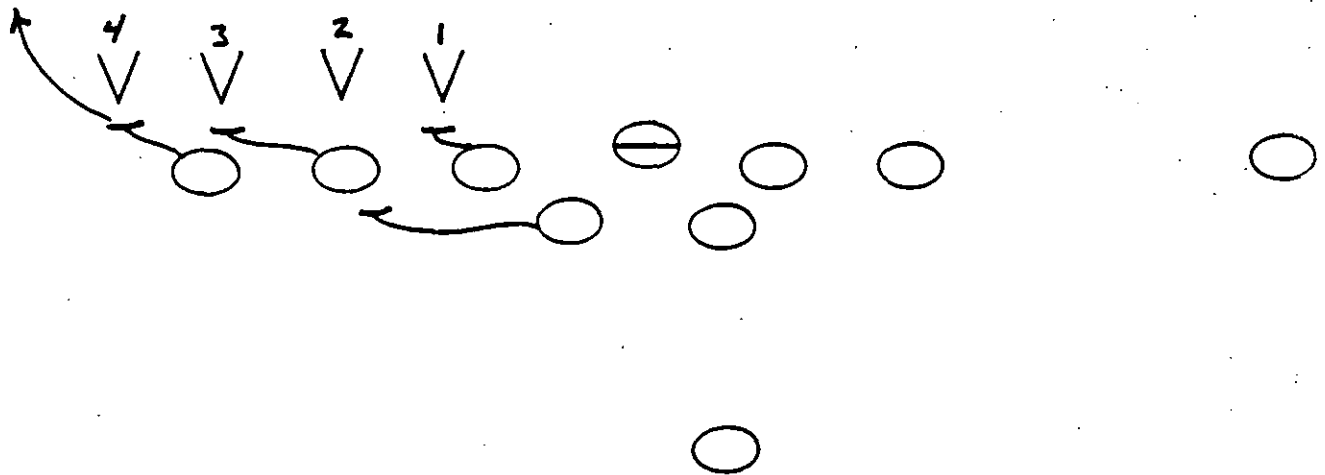
SIFT RULE:
3 MEN OUTSIDE
TACKLES BLOCK -
BASIC



"CHANGE" CALL

A CHANGE CALL IS USED WHEN THE GUARD CAN'T REACH HIS BLOCKING ASSIGNMENT. GENERALLY THIS IS CAUSED BY THE ALIGNMENT OF #1 BEING HEAD UP OR OUTSIDE THE GUARD, SO IT WOULD MAKE IT MOST DIFFICULT FOR THE GUARD TO WORK THROUGH #1 TO HIS OUTSIDE TO REACH #2.

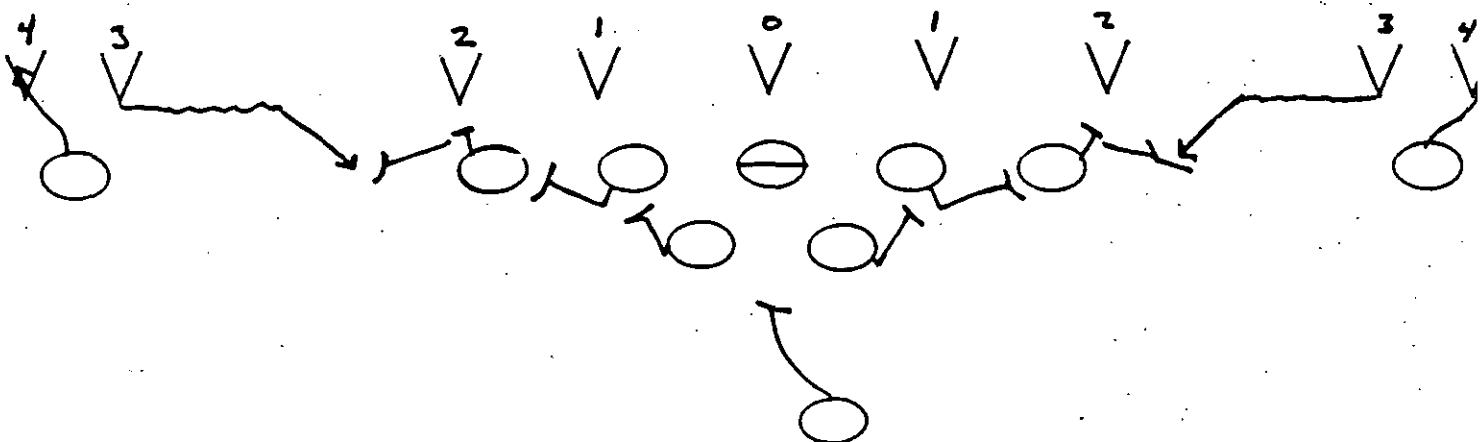
"CHANGE" CALL



C.P. - "CHANGE" CALL IS ONLY USED BETWEEN UPBACK AND GUARD.

"HELP" CALL

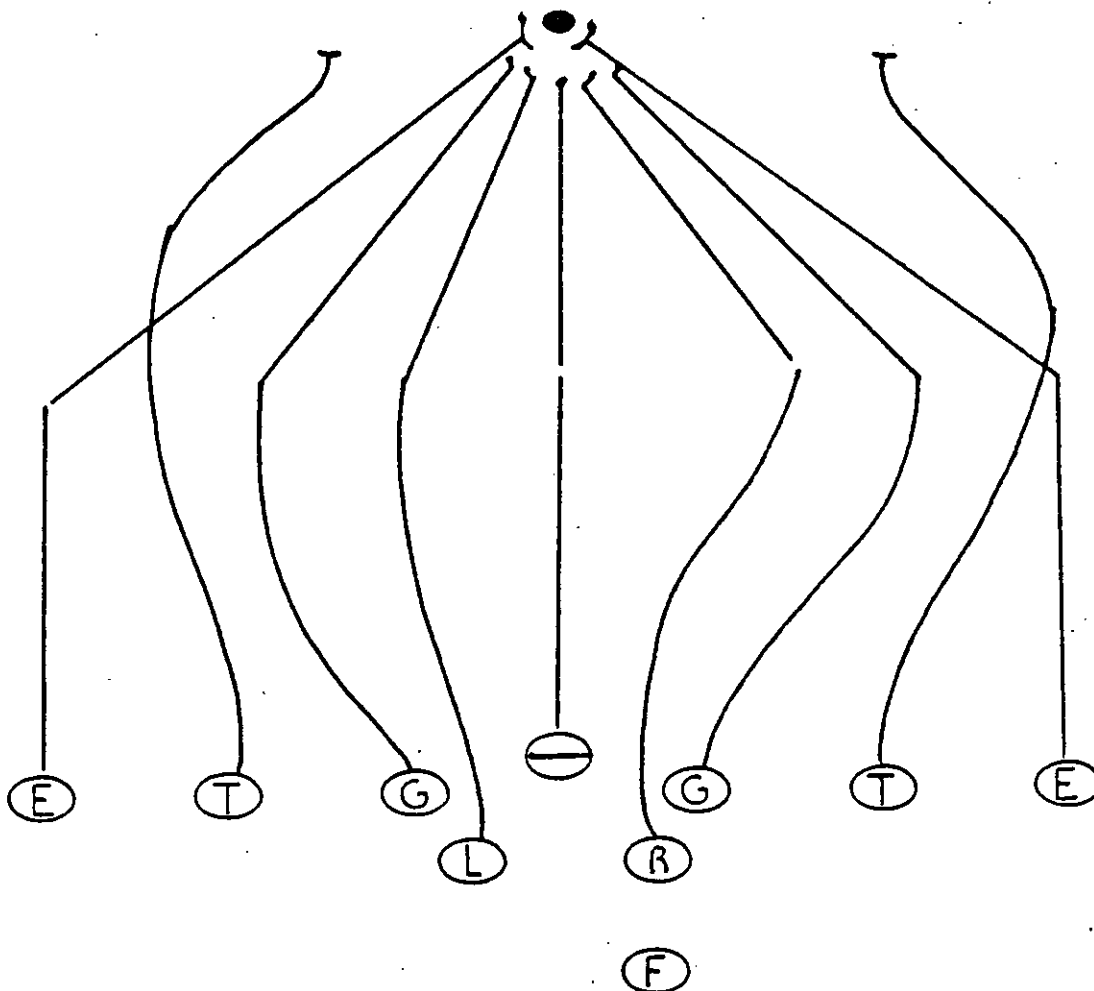
WHEN (#3) TACKLES MAN IS ALIGNED IN A DOUBLE ON THE HAWK IN AN 8 OR 9 MAN FRONT - TACKLE MAY EMPLOY A "HELP" CALL - FIRST STAYING GUARD MAN AND TURNING OUT TO CHECK HIS RESPONSIBILITY -



"HELP" CALL IS ONLY USED BETWEEN GUARDS AND TACKLES.

PUNT COVERAGE

- NOTE: 1A. DURING A KICK FROM SCRIMMAGE, ONLY THE END MEN WHO ARE ELIGIBLE RECEIVERS ON THE L.O.S. AT THE TIME OF THE SNAP, ARE PERMITTED TO GO BEYOND THE LINE, BEFORE THE BALL IS KICKED.
- 1B. FIELD GOAL INFORMATION - ENDS RELEASE, SINCE FULLBACKS ARE LESS THAN ONE YARD OUTSIDE END.
2. THE CONTROL POINT IS 5 YARDS IN FRONT OF THE RETURNER RELATIVE TO YOUR COVERAGE LANE.
3. EXCEPT FOR THE HAWKS TO AID IN TIMING, EVERYONE SHOULD COUNT TO YOURSELF 1001, 1002, 1000-GO.



ENDS (HAWKS): BUST THE MOMENTUM OF YOUR MAN WITH A RUN THROUGH HOT. RELEASE IMMEDIATELY INSIDE OR OUTSIDE AND SPRINT TO THE RETURNER WITH OUTSIDE COVERAGE. YOU WILL BE THE PRIMARY TARGET OF THE RETURN TEAM. THE SPIRIT, PRIDE, EFFORT AND EFFECTIVENESS YOU DISPLAY WILL HAVE A GREAT DEAL TO DO WITH OUR COVERAGE SUCCESS, MAKE THE TACKLE. NOTE: WHEN BACKED UP IN OUR END ZONE - WE DROP STEP - FIRST BEFORE RELEASING - MAKE THE TACKLE. C.P.- WHEN YOU ARE "OUT" YOU MUST ALIGN OUTSIDE THE NUMBERS TO FORCE DEFENDER TO DECLARE HIMSELF.

TACKLES: BLOCK, BUST MOMENTUM, BEGIN MOVING Laterally AND SPRINT AS YOU HEAR THE BALL PUNTED. SPRINT TO A CONTAIN POSITION, WHICH IS EVEN WITH THE BALL. STAY SQUARE TO LINE OF SCRIMMAGE. KEEP THE AREA BETWEEN YOU AND THE OTHER CONTAIN MAN AS SMALL AS POSSIBLE. KEEP SQUEEZING IT. MAKE THE TACKLE WITH YOUR INSIDE SHOULDER. THIS IS A TECHNIQUE WE HAVE IMPROVED ON. WE LOST CONTAIN ONE TIME IN 1981 AND THAT RESULTED IN THE LONGEST RETURN OF THE YEAR, 39 YARDS.

PUNT COVERAGE (Cont.)

GUARDS: BLOCK, BUST MOMENTUM, BEGIN MOVING LATERALLY AND SPRINT AS YOU HEAR THE BALL PUNTED. GET WIDTH AS YOU COVER AS THERE ARE SIX MEN TO YOUR INSIDE AND ONLY TWO TO YOUR OUTSIDE. (ATTACK THE RETURNER ALWAYS WITH AN OUTSIDE IN LEVERAGE.) MAKE THE TACKLE WITH YOUR INSIDE SHOULDER.

UPBACKS: BLOCK, BUST MOMENTUM, START MOVING LATERALLY, AND SPRINT TO THE CONTROL POINT AFTER THE THUD OF THE BALL. KEEP A SLIGHT OUTSIDE IN LEVERAGE ON THE BALL CARRIER. IF THE RUNNER ATTACKS THE MIDDLE, YOU MUST BE THERE. MAKE THE TACKLE. WITH YOUR INSIDE SHOULDER.

CENTER: MAKE A PERFECT SNAP. HOLD, WAIT FOR THE PUNT, THEN GO DIRECTLY TO THE RETURNER. MAINTAIN A HEAD UP POSITION ON HIM AT ALL TIMES. DON'T ALLOW THE RUNNER TO COME STRAIGHT AHEAD. MAKE THE TACKLE.

C.P.:

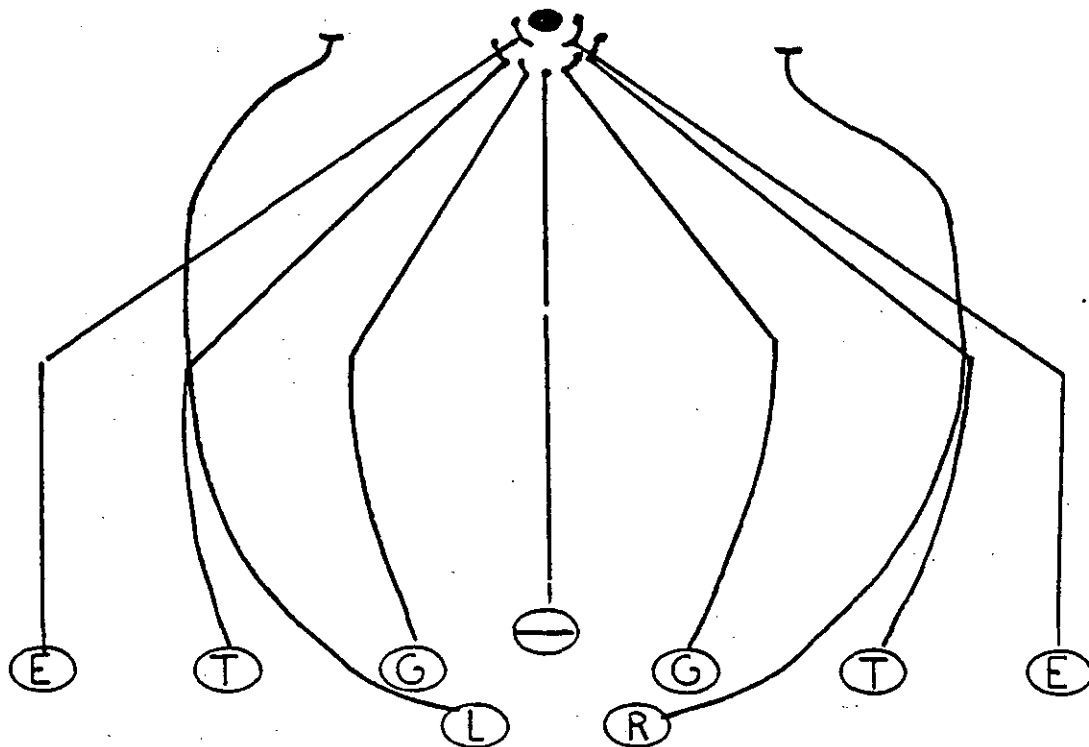
LINEMAN AND UPBACKS: IF OUR OPPONENTS HAVE A RETURN ON AND YOU FEEL THERE IS NOT A RUSH, BEGIN TO WIDEN BEFORE THE PUNT. THIS WILL ENABLE US TO GAIN THE PROPER SPACING IN OUR COVERAGE.

FULLBACK: BLOCK ALL LEAKAGE. BE HEAD UP ON THE BALL CARRIER AS A SAFETY MAN IN THE SECOND WAVE APPROXIMATELY 10 YARDS FROM THE FIRST WAVE. TACKLE SURE AND HIGH. C.P. BY GAME PLAN WE MAY INVOLVE OUR FILM COVERAGE.

PUNTER: PUNT ON RHYTHM. MOVE TO AND MAINTAIN A POSITION APPROXIMATELY 15 YARDS BEHIND THE FIRST WAVE, HEAD UP ON THE BALL CARRIER. YOU ARE OUR LAST LINE OF DEFENSE AND MUST MAKE THE SURE TACKLE.

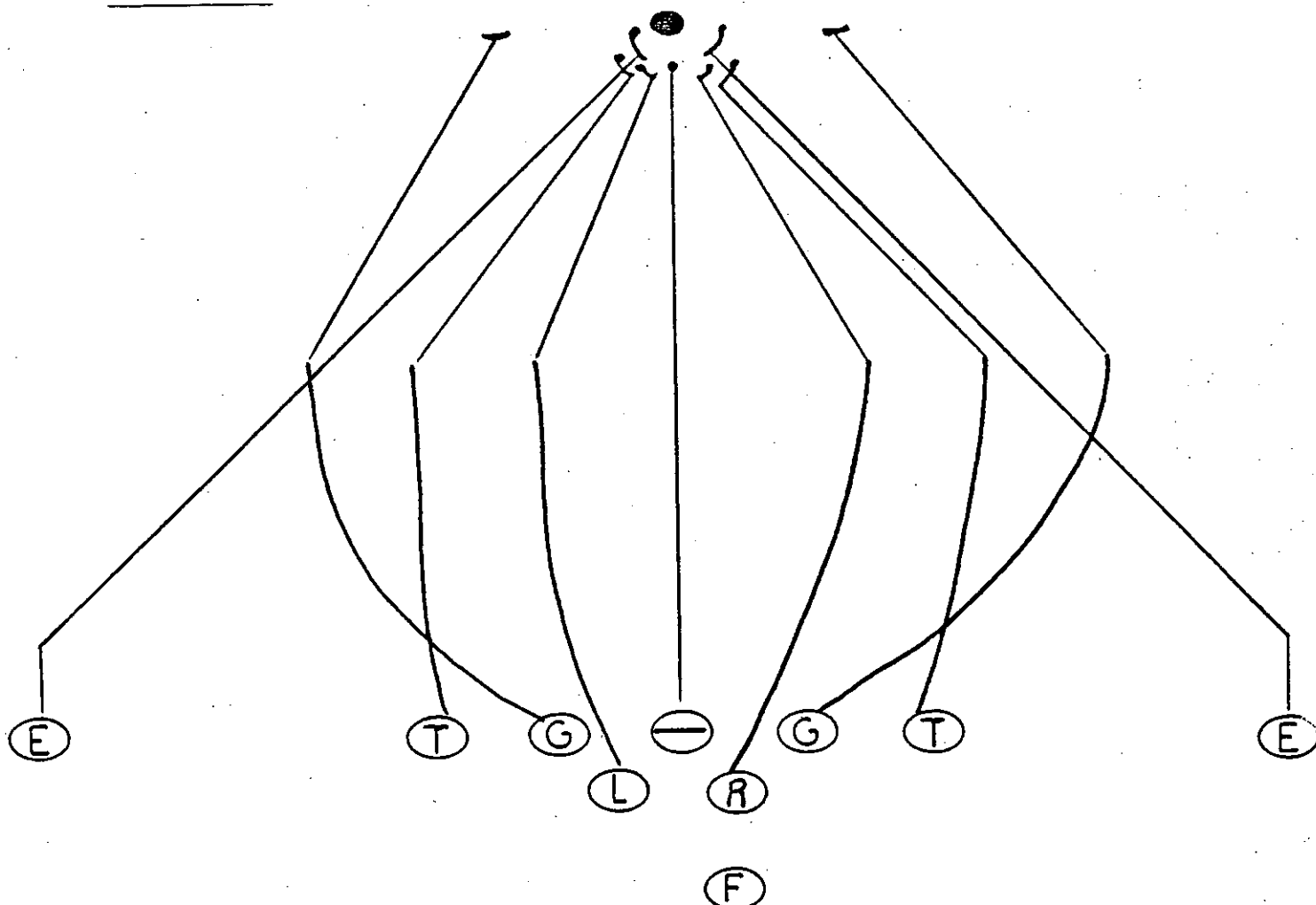
PUNT COVERAGE - "SWITCH CALL"

NOTE: A "SWITCH" IN THE COVERAGE TAKES PLACE IN CHANGING THE ASSIGNMENT OF THE UPBACK AND TACKLE. THIS WILL BE A PRE-DETERMINED CALL. THAT GIVES THE UPBACKS CONTAIN RESPONSIBILITY.



C.P. - GUARDS - MUST REALIZE ON A SWITCH CALL, THE UPBACKS ARE INVOLVED IN CONTAIN AND NO LONGER IN THE COVERAGE LANES TO YOUR INSIDE.

"TAG" CALL



A TAG CALL IN THE COVERAGE INDICATES THE TACKLE AND GUARD WILL CHANGE ASSIGNMENTS. THIS WILL BE A PREDETERMINED CALL THAT WILL GIVE THE GUARDS CONTAIN RESPONSIBILITY. TACKLES MUST NOW REALIZE THERE ARE 6 MEN TO YOUR INSIDE AND ONLY 2 TO YOUR OUTSIDE.

COVERAGE SUMMARY

1. COVERING A PUNT IS BASED ON SPRINTING WHEN THE BALL IS PUNTED IN 1.9 TO 2.2 SECONDS.
2. GAIN WIDTH TO YOUR COVERAGE LANE AND SPRINT. NEVER FOLLOW YOUR OWN JERSEY. WHENEVER A BLOCKER ATTEMPTS TO FORCE YOU OUT OF YOUR COVERAGE LANE, AVOID THE BLOCKER TO THE SIDE OF BALL WHENEVER FEASIBLE AND GET BACK IN YOUR COVERAGE LANE.
3. GANG TACKLE. FORCE FUMBLES. KEEP SHOULDERS PARALLEL.
4. IF A FAIR CATCH IS SIGNALLED FOR, ALERT OUR COVERAGE UNIT. CALL OUT "FAIR CATCH".
5. READ THE RETURNERS. FIND THE FOOTBALL. DO NOT LET IT HIT YOU.
6. "HOT" CALL ALERTS EVERYONE TO AVOID THE BALL.
7. TAKE AN OUTSIDE RELEASE WHENEVER POSSIBLE.
8. FIRST MEN DOWN MUST NOT BE BLOCKED AND MUST TAKE A SHOT. WITH OUTSIDE LEVERAGE. MAKE THE RETURNER COMMIT HIMSELF. (THE HAWKS)
9. IF THE RECEIVER DOES NOT FIELD THE BALL, DOWN IT AFTER THE ROLL. HAND IT TO THE OFFICIAL. DO NOT WALK AWAY FROM IT - YOU MUST HAVE CONTROL OF THE FOOTBALL TO DOWN IT. EXCEPT LAST PLAY OF HALF.
10. IF THE RECEIVER SIGNALS FOR A FAIR CATCH, BE CLOSE, BUT DON'T INTERFERE WITH THE CATCH. BE READY FOR THE MUFFED BALL. C.P.: YOU CANNOT REACT TO A MUFFED BALL UNTIL IT HITS THE GROUND.
11. YELL AT THE RECEIVER TO DISTRACT HIM.
12. TACKLE WITH THE INTENT TO FORCE A FUMBLE.
13. WHEN OUR OPPONENT IS BACKED UP, ON ANY PUNTED BALL BEYOND THE RETURNER, DEFEND THE END ZONE. KEEP IT FROM GOING IN. POSITION YOURSELF BETWEEN THE BALL AND THE GOAL LINE. ON A BOUNCING BALL, LEAP IN THE AIR AND DRIVE THE BALL BACK OUT ON THE FIELD, BEFORE IT HITS THE GROUND IN THE END ZONE. THE BALL MUST BE DOWNED OR TIPPED BACK BEFORE YOU GO INTO THE END ZONE YOURSELF. IF YOU TOUCH THE GOAL LINE, YOU ARE CONSIDERED IN THE END ZONE.
14. PUNT COVERAGE IS A TEAM EFFORT AND REQUIRES PRIDE. IT TAKES 11 MEN TO DO THE JOB.
15. BE PREPARED MENTALLY TO SPRINT AT LEAST 40 YARDS EACH TIME.
16. THE SECRET OF GOOD COVERAGE IS DESIRE. THE SECRET TO GOOD TACKLING IS TO STAY ON YOUR FEET.
17. IF YOU ARE AN END AND NO ONE COVERS YOU, LOOK FOR THE PASS IMMEDIATELY.

PUNT PROTECTION

1. POINT OUT YOUR MAN - CALL OUT NUMBER AND CONTINUE TO POINT UNTIL "READY SET" CALL.
2. KEEP A LOW BASE. PICK OUT A SPOT ON YOUR MAN'S NUMBERS, AND UNCOIL UP AND THROUGH THE MIDDLE OF HIM, WITH A SHORT, QUICK EXPLOSIVE MOVEMENT. KEEP YOUR HEAD UP, STAY SQUARE, IN BALANCE, AND UNDER CONTROL FOR YOUR RELEASE INTO COVERAGE. THIS IS CALLED A HOT TECHNIQUE (HEAD ON TORSO).
3. YOU MUST STOP THE DEFENSIVE MAN'S CHARGE, AND FORCE HIM TO FLATTEN OUT, OR CHANGE DIRECTION, AND START AGAIN. "STOP HIM STILL".
4. THE BLOCKING RULE ENABLES US TO USE OUR HANDS. TAKE ADVANTAGE OF THIS RULE.
5. A) WHEN PICKING UP OUTSIDE RUSHER, DROP STEP WITH YOUR OUTSIDE FOOT AND H.O.T. YOUR MAN.
B) WHEN PICKING UP AN INSIDE RUSHER, SHUFFLE DOWN INSIDE AND H.O.T. YOUR MAN.

CALLS

1. ONE PROTECTION - OUR ZONE PUNT PROTECTION WHERE THE UPBACKS BLOCK EVERYONE FROM THE HEAD OF CENTER TO THE HEAD OF GUARD.
2. TWO PROTECTION - OUR MAN PUNT PROTECTION WHERE WE COUNT INSIDE OUT, AND EACH MAN IS ASSIGNED A MAN TO BLOCK. ALSO CALLED "BASIC".
3. ZERO PROTECTION - A SEGMENT OF OUR TWO PUNT PROTECTION WHEREBY BOTH UPBACKS ARE RESPONSIBLE TO BLOCK A STACK ON THE CENTER VS 8 & 9 MAN FRONTS.
4. "RAM" OR "LION" - REFERS TO A 10-MAN RUSH, THE DIRECTION PUNTER WILL PUNT THE BALL, AND THE SIDE OPPOSITE THE CALL WILL BE THE SIFT SIDE.
5. SLIDE PROTECTION - A SEGMENT OF OUR (TWO) PUNT PROTECTION WHEREBY WE WILL BLOCK SIX MEN FROM THE HEAD OF THE CENTER TO ONE SIDE BY CALLING ON THE OFF UPBACK TO BLOCK THE MAN HEAD UP ON CENTER TO ONSIDE GAP. (ON-SIDE BLOCKS ONE NUMBER HIGH, OFFSIDE BLOCKS ONE NUMBER LOWER, AND FULLBACK BLOCKS 5-6 TO CALL SIDE.)
6. LOAD - WHEN THERE ARE 6 OR 7 MEN ALIGNED TO ONE SIDE. (EXAMPLE: "LOAD RIGHT")
7. HOLD - CALLED BY THE FULLBACK WHEN THE DEFENSIVE MEN ARE SHIFTING AROUND. AFTER THE "HOLD" CALL, A NEW SEQUENCE WILL START.
8. STACK - TWO DEFENSIVE MEN ALIGNED WITH ONE STACKED BEHIND THE OTHER. AREA BLOCK IS NECESSARY BY ADJACENT LINEMAN. WHEN COUNTING, THE LOWER NUMBER WILL BE USED FOR THE MAN CLOSEST TO THE LINE OF SCRIMMAGE. THE HIGHER NUMBER WILL BE FOR THE MAN OFF THE L.O.S.
9. "CHANGE" - CALL MADE BY THE GUARD TO ADJACENT UPBACK, TO ALERT HIM THAT THEY ARE CHANGING BECAUSE GUARD'S ASSIGNMENT IS TOO FAR OUTSIDE, AND UPBACK'S MAN IS HEAD UP TO OUTSIDE GUARD.
10. "SWITCH" CALL - A SWITCH IN COVERAGE BETWEEN THE UPBACK AND CONTAIN MAN OR TACKLE. CALLED "TAG" IF TACKLE AND GUARD SWITCH RESPONSIBILITIES IN CONTAIN.

CALLS (Cont.)

11. "TEN MEN" - ALERTS TEAM AND PUNTER THAT OPPONENTS HAVE 10 MEN UP ON THE L.O.S. PREPARED TO RUSH. OVERLOAD CALL IS ALSO GIVEN AND THE PUNTER IS RESPONSIBLE FOR THE 10TH RUSHER. CAN ALSO CALL "TEN MEN" BALANCED.
12. "END OUT" - REFERS TO END SPLITTING OUT A MINIMUM OF 15 YARDS FROM THE TACKLE (OUTSIDE THE NUMBERS).
"MOTION" - REFERS TO END ON ONE SIDE ALIGNING OUTSIDE THE NUMBERS IN AN OPEN FORMATION AND GOING IN SHORT MOTION TO AID IN COVERAGE. C.P.- CAN USE MOTION BACK, OR MOTION (ACROSS), MOTION OUT, AND MOTION TO OPEN.
13. REDUCE - CALLS END BACK IN FROM AN OUT POSITION NEXT TO HIS TACKLE.
14. "999" - IS A CALL MADE BY THE FULLBACK TO CANCEL THE PREVIOUS CALL.
15. SIFT - A CALL BY END THAT INDICATES THERE COULD BE A FREE MAN IF BOTH MEN COME. THE PUNTER MUST HEAR THE CALL AND PUNT AWAY FROM THE SIFT CALL SIDE. THE CENTER MUST HEAR THE CALL AND LEAD THE PUNTER SLIGHTLY AWAY FROM THE SIDE OF THE SINGLE SIFT. ALWAYS SIFT ON THE TWO OUTSIDE MEN REGARDLESS OF FRONT. CALL MADE BY THE END VS. A 10 RUSH.
16. SIFT CALL FROM BOTH RIGHT AND LEFT - THIS SITUATION ARISES ONLY IN TWO PROTECTION, VS. 11 MAN RUSH. SIFT IS CALLED BY THE END WHERE HE HAS A MAN FREE - NEAR OR OUTSIDE HIS BLOCKING ASSIGNMENT. HE (THE END) MUST CALL IT LOUD ENOUGH SO THE CENTER, FULLBACK, AND PUNTER CAN HEAR.
17. "SIFT SWAP" IS A CHANGE IN ASSIGNMENT FOR THE SIFTING END. WHEN THE INSIDE MAN IS NOT THREATENING - BUST THE MOMENTUM OF THE OUTSIDE RUSHER IMMEDIATELY.
18. "R" OR "L" CALL: PUNTER - PUNTS RIGHT OR LEFT DEPENDENT ON CALL. USED VS. A 10-MAN FRONT WITH A 7-MAN OVERLOAD TO ENABLE US TO KICK TO THE 3-MAN SIDE.
19. "HELP" CALL - WHEN TACKLES MAN (#3) IS ALIGNED IN A DOUBLE ON THE HAWK IN AN 8 OR 9 MAN FRONT. THE TACKLE MAY EMPLOY A "HELP" CALL FIRST SLAMMING THE GUARDS MAN AND TURN OUT TO CHECK HIS RESPONSIBILITY.

PUNTER'S TIP SHEET

1. FLEXIBILITY - STRETCH OUT AT LEAST 10 MINUTES PRIOR TO PUNTING. C.P.: CAN DO A MORE THOROUGH JOB OF STRETCHING WITHOUT SHOULDLER PADS.
MAY INCORPORATE "KICK BALANCING" INTO FLEXIBILITY PROGRAM OR ANY OTHER DRILL YOU FEEL HELPFUL TO YOUR STRETCHING PROGRAM.
2. SIMULATED PUNTING
CONTROL DRILL -
 - A) IT'S GOOD TO WORK ON PUNT DROPS WITHOUT ANY LEG SWING. TAKE YOUR NORMAL STEPS AND DROP THE BALL CORRECTLY.
 - B) HAVE A PARTNER 20 YARDS AWAY. WORKING ON THE PUNT DROP, BALL PLACEMENT, AND CONCENTRATION. INCREASE DISTANCE TO 25 YARDS, THEN TO 30 YARDS.
 - C) SIMULATING A BAD SNAP DRILL: PLACE BALL ON THE GROUND AT YOUR FEET OR TO THE RIGHT OR LEFT. ON YOUR MOVEMENT OR COMMAND,

PUNTER'S TIP SHEET (Cont.)

DROP YOUR TAIL, BEND YOUR KNEES, AND CONCENTRATE ON THE BALL. WHEN THE BALL IS PLACED TO YOUR RIGHT OR LEFT, YOU MUST MOVE TO GET IT, THEN GET PUNT OFF ON RHYTHM.

- D) HIGH BALL DRILL - FLIP THE BALL OVER YOUR HEAD, JUMP TO HANDLE IT, THEN THEN GET PUNT OFF ON RHYTHM.
- E) DRILLS, C AND D CAN BE DONE WITH A COACH SIMULATING THE SNAP.
- F) A GOOD DRILL FOR PUNTING OUT OF BOUNDS AND AT THE SAME TIME WORKING ON THE PUNT DROP AND BALL PLACEMENT IS TO ALIGN ON THE HASH AND PLACE THREE BALLS OUT OF BOUNDS. WHEN THIS IS DONE, MOVE TO THE OTHER HASH AND PLACE THREE OUT OF BOUNDS. NEXT MOVE BACK FIVE YARDS AND CONTINUE THE DRILL UNTIL YOU HAVE PLACED THREE OUT OF BOUNDS FROM EACH HASH. THE GOAL IS TO WORK BACK TO THE 40 YARD LINE. C.P.: GOOD STARTING POINT WOULD BE THE 20 YARD LINE. STRICKLY A DRILL USED TO GAIN A FEEL FOR PUNTING OUT OF BOUND.

3. STANCE - CHECK IT.

4. SNAP -

- A) WORK WITH A CENTER EACH DAY HANDLING AS MANY SNAPS AS POSSIBLE.
- B) WORK ON BAD SNAPS - ALL TYPES. MOVE YOUR BODY TO THE FOOTBALL - DON'T JUST REACH FOR IT.
- C) USE THE JUGS MACHINE IN HANDLING SNAPS.

5. IN WORKING WITH A CENTER ON PUNTING, BEGIN WITH "POOCHERS" - OR PUNTING OUT OF BOUNDS.

- A) START IN THE MIDDLE AND WORK TO EACH HASH. PUNT FIVE FROM EACH POSITION. A GOOD STARTING POINT WOULD BE OUR OWN 45 YARD LINE, WORK UP FIVE YARDS AND REPEAT THE DRILL. ON CERTAIN DAYS YOU WOULD WORK ONLY FROM THE HASH MARKS. YOU CAN ALSO VARY THE YARD LINE YOU'LL START FROM. NO OUT OF BOUNDS KICKS OR POOCHERS SHOULD BE PUNTED FROM DEEPER THAN THE +40 YARD LINE.

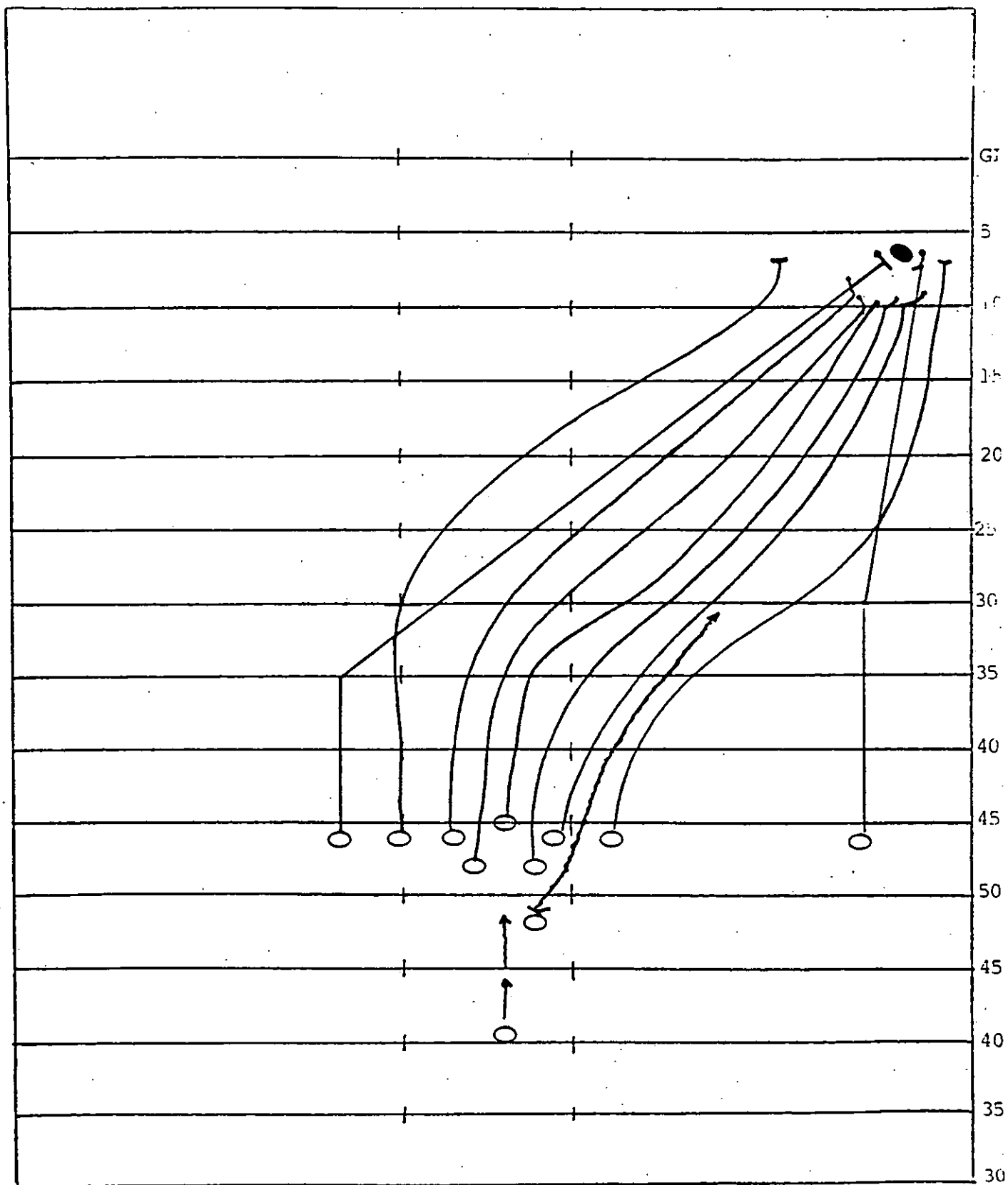
IN KICKING POOCHERS, PLACE A MARKER 10 YARDS IN CIRCUMBERENCE (A ROPE) INSIDE THE 10 YARD LINE, 5 YARDS FROM THE BOUNDARY AND ATTEMPT TO DROP POOCHER KICKS INSIDE THE CIRCLE.

THE ONLY TECHNIQUE DEFFERENCE IN KICKING A POOCHER IS THAT YOU'LL HIT THE BALL FROM A HIGHER POINT AND OF COURSE THE CLOSER YOU ALIGN TO THE GOAL LINE, THE EASIER YOU'LL HIT IT.

- B) NEXT MOVE BACK TO YOUR OWN 40 YARD LINE AND PUNT ON RHYTHM WITH FULL LEG EXTENSION. YOU WILL NOT NEED TO HIT A GREAT NUMBER OF THESE PUNTS.
- C) NEXT GO TO YOUR END ZONE AND PUNT COMING OUT. YOU CAN'T WORK TOO MUCH FROM THIS AREA. WORKING ON RHYTHM AND TECHNIQUE. ALWAYS CHECK THE END LINE.
- D) IT IS ALSO GOOD TO WORK FROM THE BENCH. WITH THE COACH CALLING OUT THE DOWN AND DISTANCE SITUATION AND POSITION OF THE BALL.

PUNTER SPRINTS ON THE FIELD, HANDLES THE SNAP AND EXECUTES TYPE OF PUNT REQUIRED. POOCHER - COFFIN CORNER KICK - COMING OUT - A POSITION PUNT (AWAY FROM CERTAIN RETURN MAN) - 10-MAN RUSH (RAM OR LION) - 11-MAN RUSH (DOUBLE SIFT) A ONE STEP PUNT.

OUT OF BOUNDS KICK - RIGHT



OUT OF BOUNDS KICK - RIGHT "OUT OF BOUNDS RIGHT"

1. WHEN WE SPLIT THE END OUT TO THE CALL SIDE. THE OPPOSITE END WILL BE IN TIGHT VS A 10 MAN FRONT.
2. WHEN USING TWO PROTECTION - (MAN) - WE CAN BLOCK UP TO SIX PEOPLE TO THE CALL SIDE, BY USING A SLIDE CALL. USE SLIDE ONLY WHEN THERE ARE SIX PEOPLE.
3. THE WIDE END - BE SURE TO BE OUTSIDE THE MAN BLOCKING YOU, SO YOU CAN CLEARLY SEE THE BALL AS IT COMES DOWN. YOU MAY ALSO HAVE A CHANCE TO RUN THE DEFENDER INTO A BOUNCING BALL. IF YOU ARE NOT COVERED, OR IF YOUR MAN LEAVES YOU TO RUSH AT THE LAST SECOND, LOOK FOR A PASS AS YOU RELEASE.
4. OFF SIDE END - BE AWARE OF 10-MAN RUSH FOR SIFT BLOCKING. COVER STRAIGHT UP THE FIELD FOR 10 YARDS UNTIL YOU'RE SURE OF THE DIRECTION OF THE PUNT.
5. THE GUARD ON THE CALL SIDE (RIGHT) - IN YOUR COVERAGE, YOU MUST MAINTAIN OUTSIDE LEVERAGE AND MAKE THE TACKLE WITH YOUR INSIDE SHOULDER.
6. THE LEFT TACKLE AND LEFT GUARD - COVER STRAIGHT UP FIELD UNTIL YOU ARE SURE THE BALL IS GOING RIGHT. THEN TAKE THE PROPER ANGLE WITH WIDE FIELD LEVERAGE ON THE BALL. LEFT TACKLE CONTAIN AS DEEP AS THE BALL. MAINTAIN LEVERAGE AND MAKE THE TACKLE WITH YOUR INSIDE SHOULDER.
7. FULLBACK - BLOCK LEAKAGE, BECOME A SAFETY (SAME AS BASIC).
8. PUNTER - PLACES THE BALL, THEN BECOMES SAFETY (SAME AS BASIC).
9. CENTER - START UP FIELD, LOCATE THE BALL, AND GO DIRECTLY TO IT. (SAME AS BASIC.)
10. BOTH UPBACKS - BLOCK ASSIGNMENT, THEN RELEASE UPFIELD. LOCATE THE BALL, THEN MAINTAIN OUTSIDE LEVERAGE ON THE BALL.
11. BOTH TACKLES - HAVE CONTAIN RESPONSIBILITIES.

PUNTER'S CHECK LIST

1. ALIGN AT 15 YARDS IN DEPTH.
2. TOES POINTING STRAIGHT AHEAD.
3. CONCENTRATE ON THE SNAP FROM THE CENTER. CATCH THE BALL.
4. PLACE THE BALL CORRECTLY ON YOUR FOOT. KEEP YOUR TOE DEPRESSED.
5. FOLLOW THROUGH.
6. COVER AND SHOUT THE DIRECTION OF THE KICK.
7. KNOW WHAT YARD LINE YOU ARE ON FOR "POOCHER" OR COFFIN CORNER PUNTS.
8. STRIVE FOR HEIGHT AND ACCURACY.
9. INSIDE 50 YARD LINE, PRACTICE COFFIN CORNER KICKS OR POOCHER KICKS TO GET IT OUT INSIDE 10 YARD LINE.
10. ON THIRD DOWN, PUNTS OR QUICK KICKS, BAD SNAPS, OR FUMBLES - RECOVER THE BALL AT ALL COSTS. DO NOT PUNT.
11. A BLOCKED KICK BEHIND THE SCRIMMAGE LINE CAN BE ADVANCED BY YOU OR THE OPPONENT. BE PREPARED TO RECOVER THE BALL OR TACKLE THE OPPONENT.
12. NEVER ATTEMPT A RUN (FAKE PUNT) ON THE FOURTH DOWN WITHOUT CHECKING THE TACTICAL SITUATION, AS WELL AS WITH THE HEAD COACH.
13. WHEN PUNTING FROM THE END ZONE, BE PREPARED FOR A BAD SNAP, THINK THIS SITUATION OUT AND CHECK WITH THE HEAD COACH BEFORE GOING ON THE FIELD. FIRST OBJECTIVE IS TO GET THE PUNT AWAY WHEN UNABLE TO GET THE BALL AWAY CLEANLY.

POSSIBILITIES

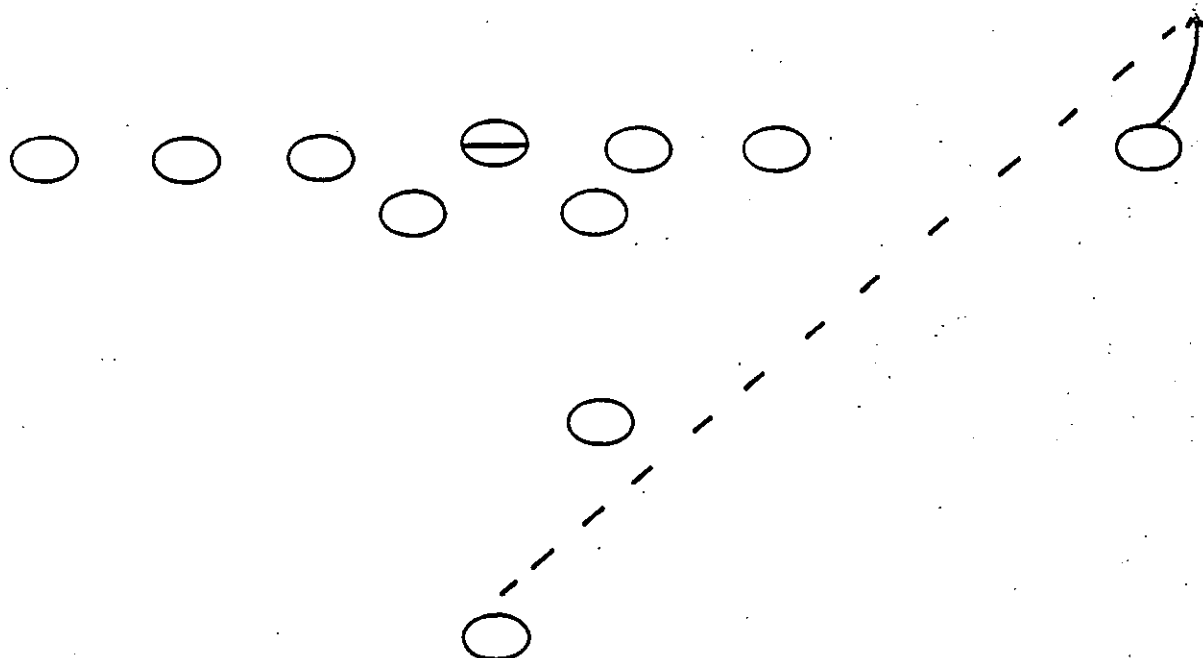
- A) IF A SAFETY WILL BEAT YOU, PUNT THE BALL AT ALL COSTS, TIME LEFT IN THE GAME IS A MAJOR FACTOR HERE.
- B) IF A SAFETY WILL TIE YOU, GIVE THEM A SAFETY, RATHER THAN A CHANCE TO BLOCK A KICK FOR A TOUCHDOWN.
- C) IF AHEAD BY 3 POINTS, WITH ONLY 35 SECONDS OR LESS ON THE CLOCK, TAKE THE SAFETY.
14. ALWAYS KEEP THE KICKING TEMPO THE SAME. THIS IS IMPORTANT SO OUR RELEASE PEOPLE CAN DEVELOP A FEEL FOR TIMING OFF THE LINE OF SCRIMMAGE.
15. ALWAYS KNOW THE WIND DIRECTION, AND THE TIME REMAINING IN EACH QUARTER.

GIMMICK PLAYS - FROM PUNT FORMATION

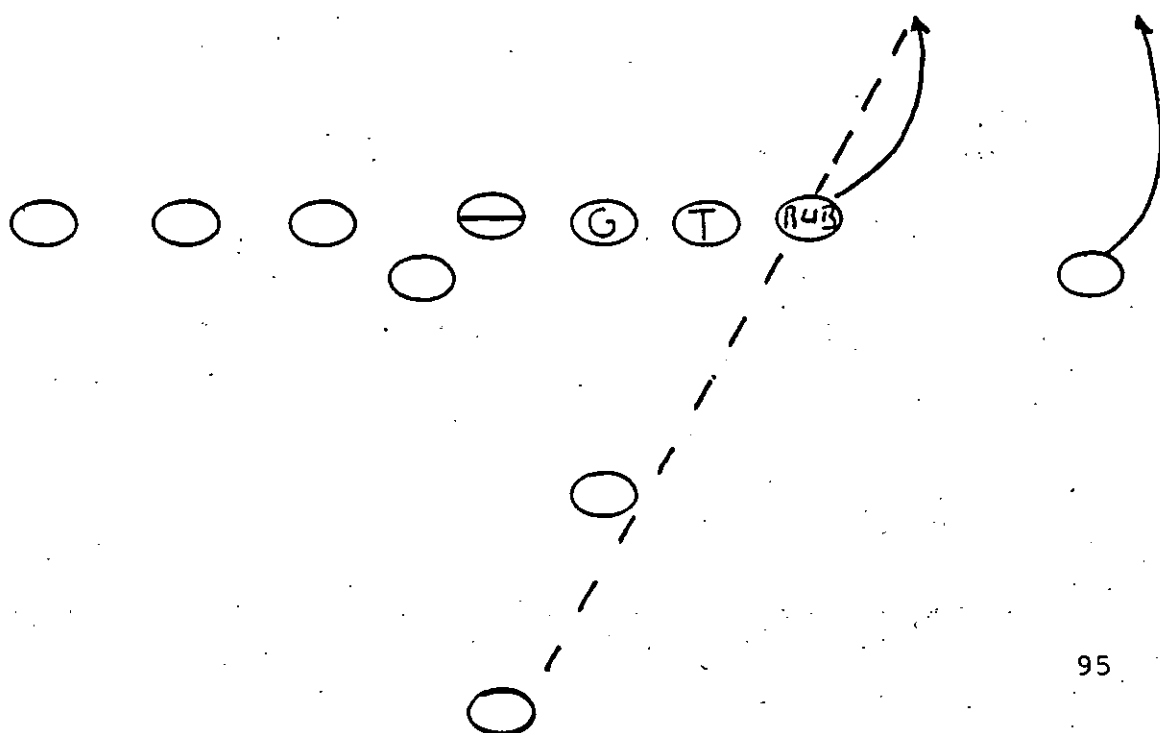
- 1) PASS TO UNCOVERED WIDE OUT - "PURPLE CLOCK"
- 2) OPEN SET - PASS TO UPBACK.
- 3) BLOCK IT ORANGE - PASS TO UPBACK.
- 4) BLOCK IT GREEN - PASS TO FULLBACK WITH A DOUBLE TEAM ON TIGHTEND SIDE.
- 5) 52/52 CARDINAL - VS. A WALL RETURN WITH A DOUBLE TEAM ON WIDE OUT.
- 6) OPEN SET - PASS TO MOTION MAN IF NOT COVERED.
- 7) 52 - RED VS. A FRONT THAT WOULD PERMIT A "G" BLOCK.
- 8) BUMAROOSKI.

PASS TO UNCOVERED WIDE OUT

"PURPLE CLOCK"

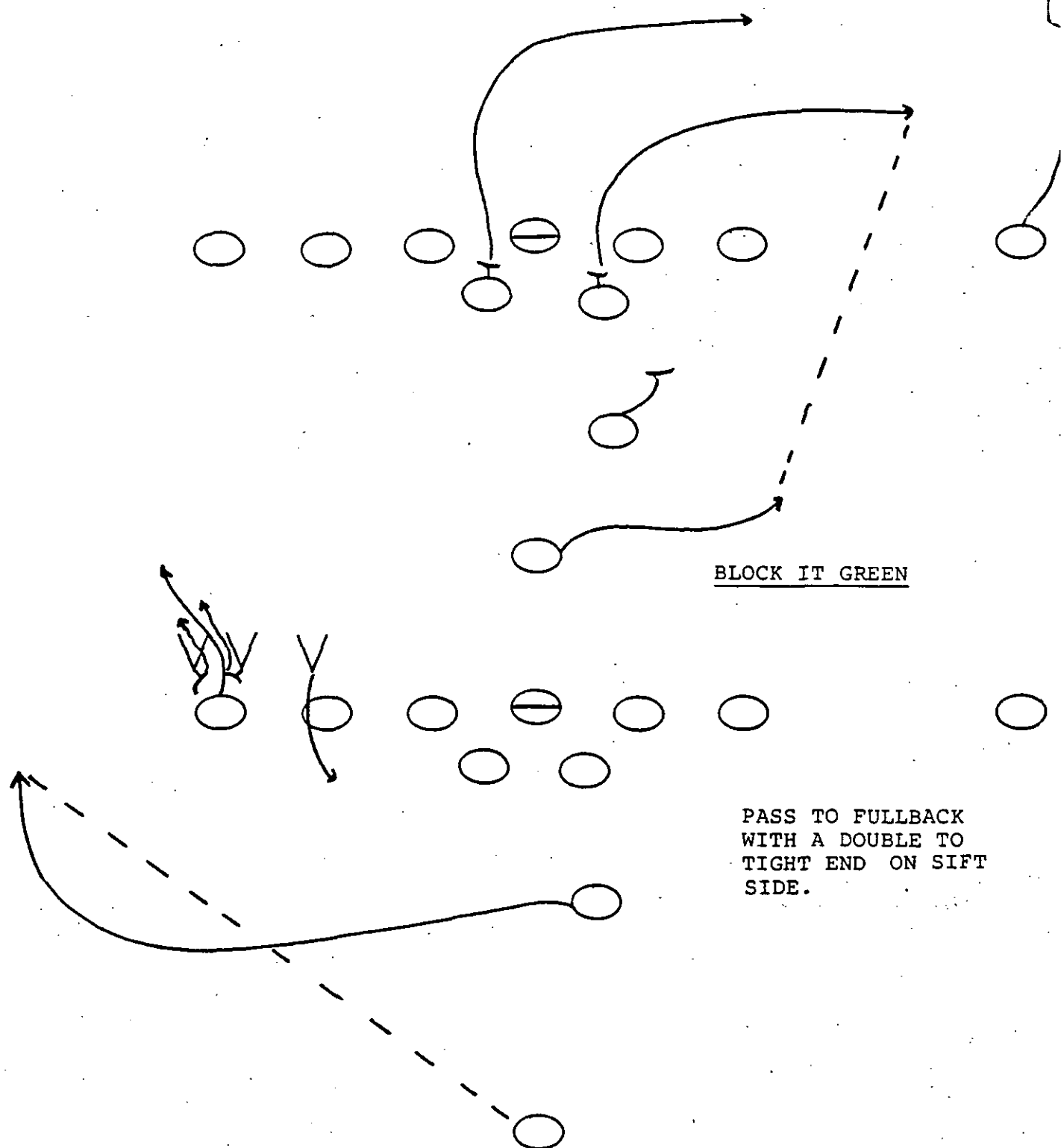


OPEN SET - PASS TO UPBACK



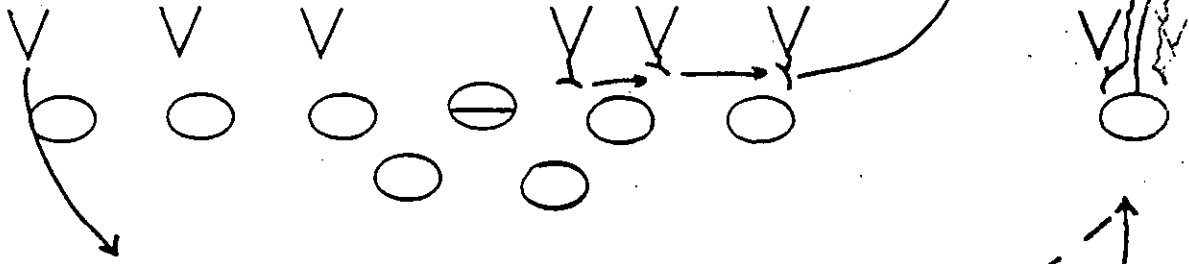
BLOCK IT ORANGE

PASS TO UPBACK

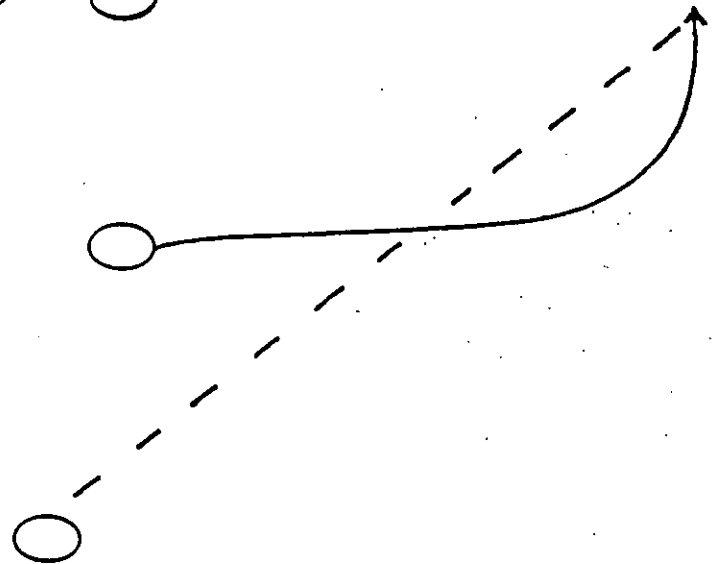


52/52 CARDINAL

VS. A WALL
RETURN W/A
DOUBLE ON
HAWK TO
SPLIT END
SIDE.

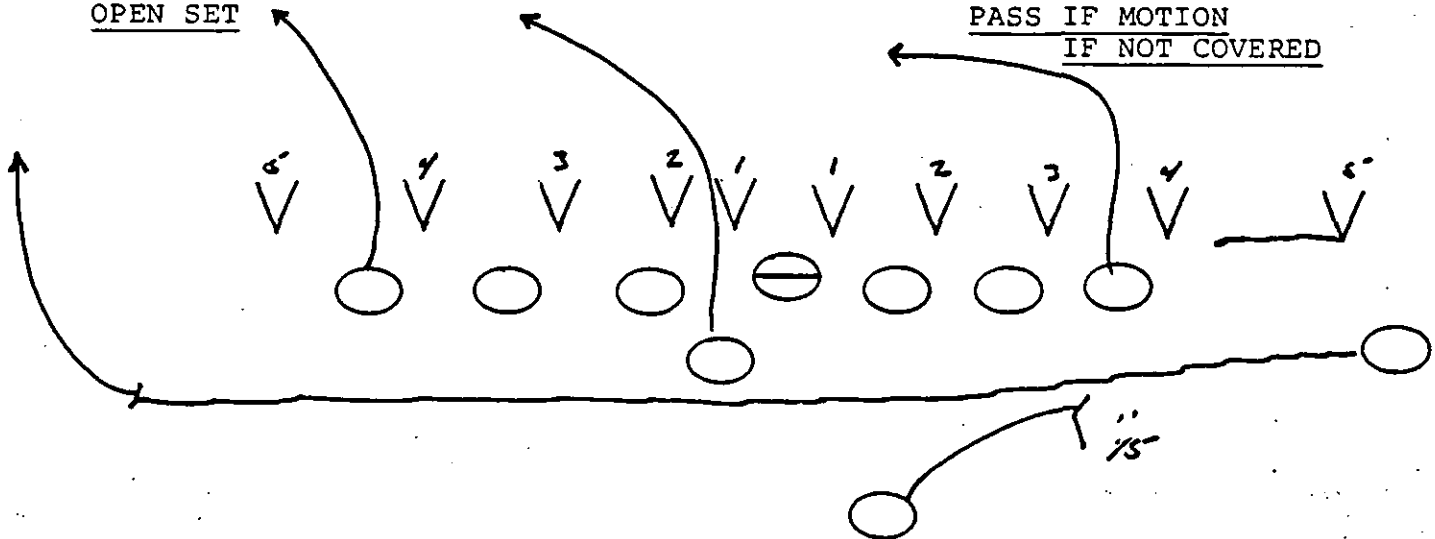


VS. A WALL RETURN



OPEN SET

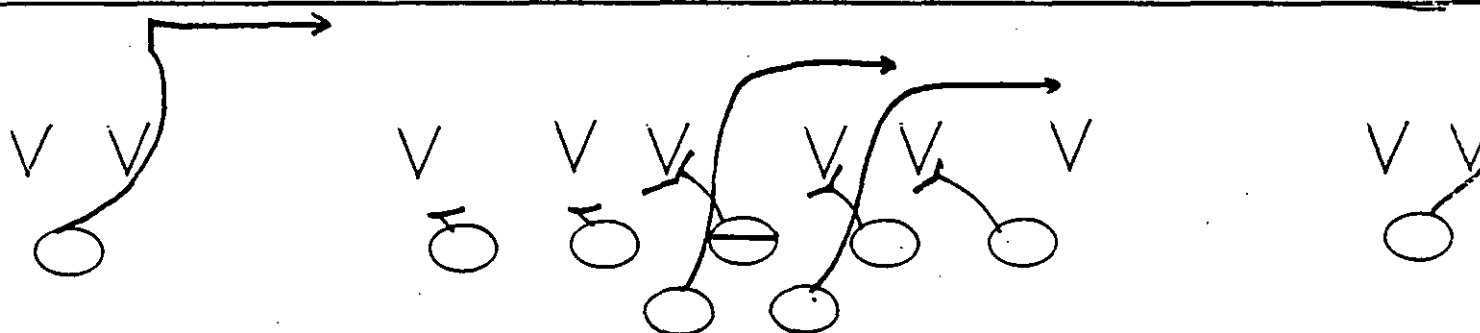
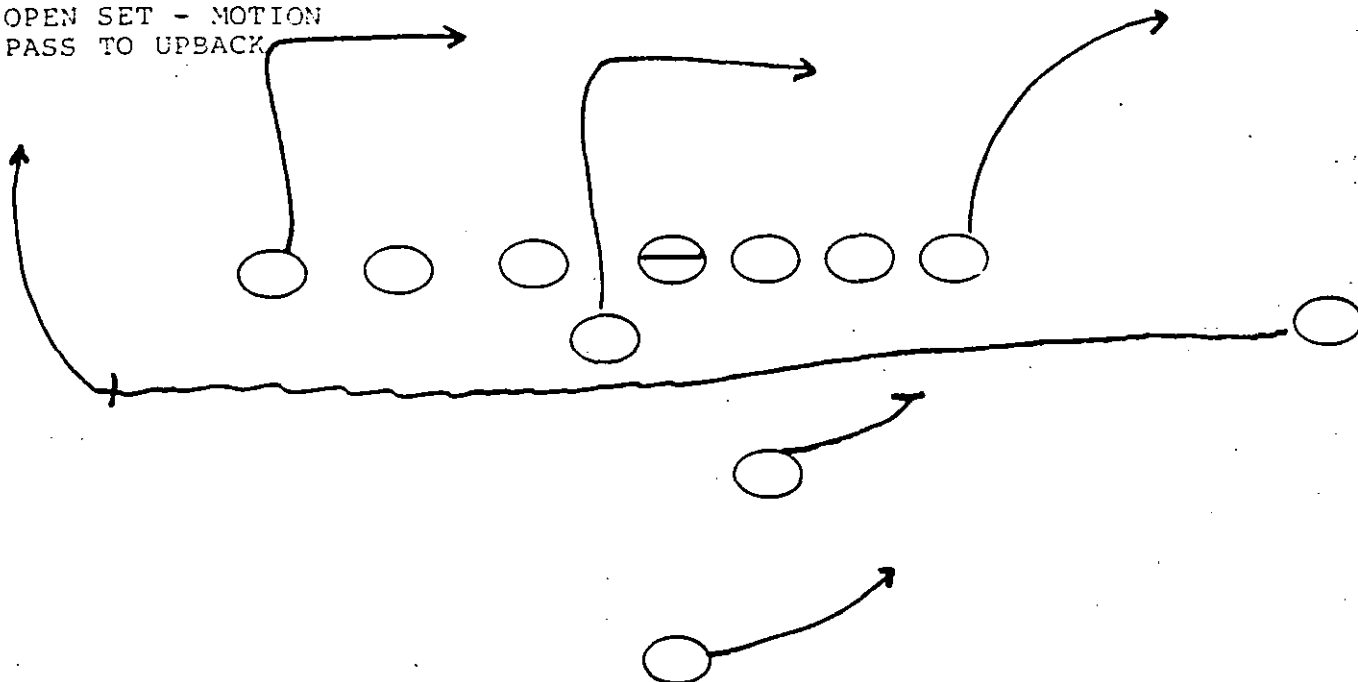
PASS IF MOTION
IF NOT COVERED



HIT MOTION
MAN IF THEY DO NOT
ADJUST - IF THEY
ADJUST, MAKE CHINA CALL
AND PUNT.
C.P.- ON CHINA CALL -
LUB, LE AND RUB BLOCK LION
PROTECTION - DO NOT RELEASE
DOWNFIELD.

LION
PROTECTION
AUTOMATIC.
C.P.- FB TAKE
PLACE OF SIFT
MAN, BLOCK 4/5
AWAY FROM CALL.

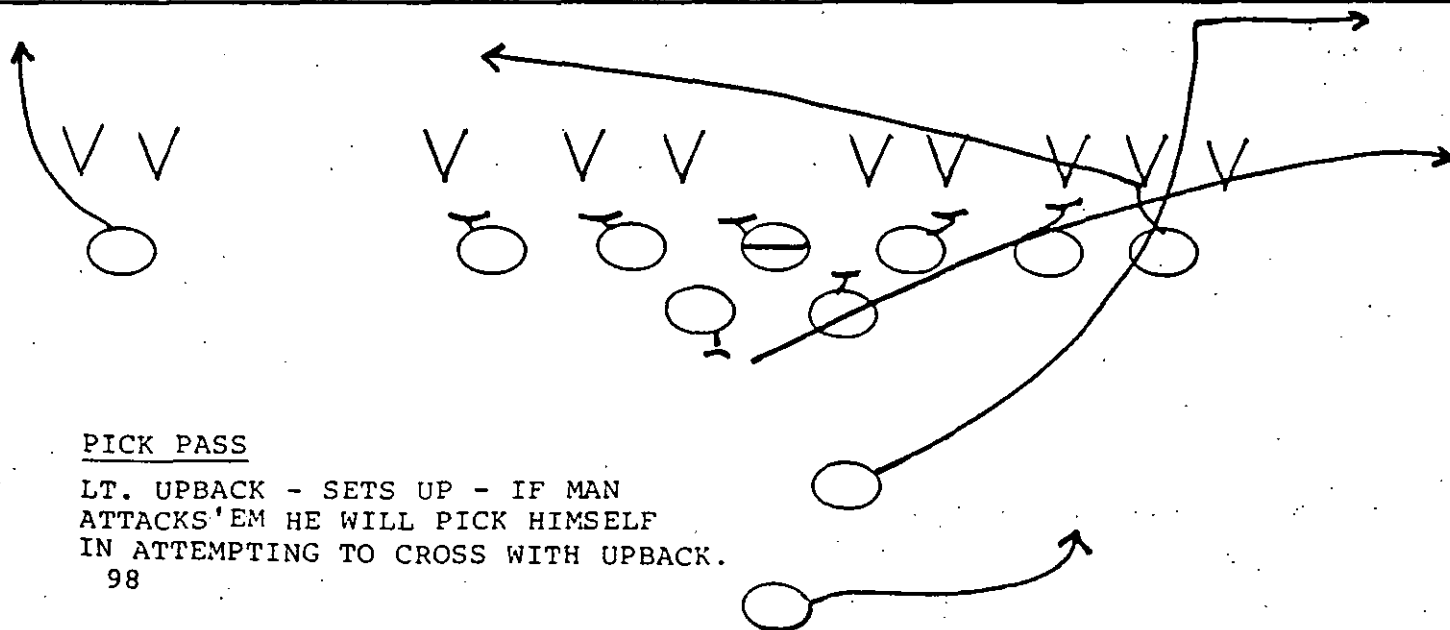
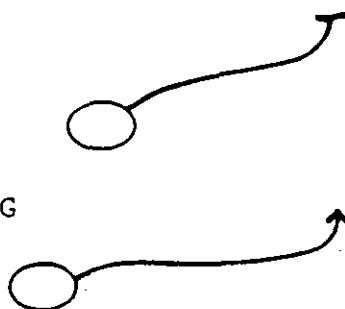
OPEN SET - MOTION
PASS TO UPBACK



PICK PASS

USED VS. A 10-MAN FRONT WITH
AGGRESSIVE HOLD-UPS ON UPBACKS.

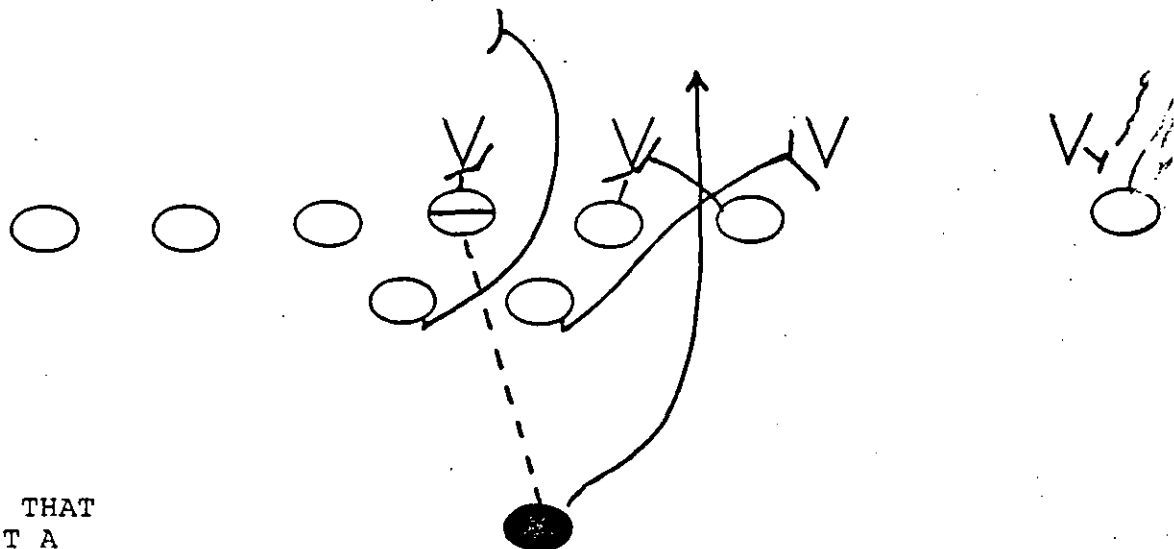
RT. GUARD & CENTER BLOCK MEN HOLDING
UP OUR UPBACKS.



PICK PASS

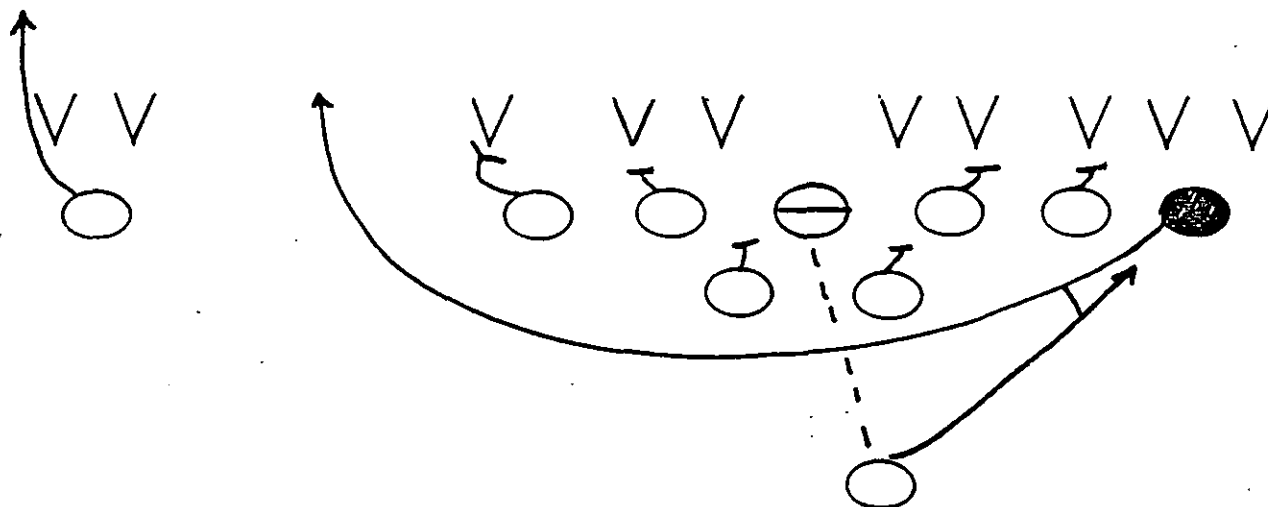
LT. UPBACK - SETS UP - IF MAN
ATTACKS 'EM HE WILL PICK HIMSELF
IN ATTEMPTING TO CROSS WITH UPBACK.

52/RED

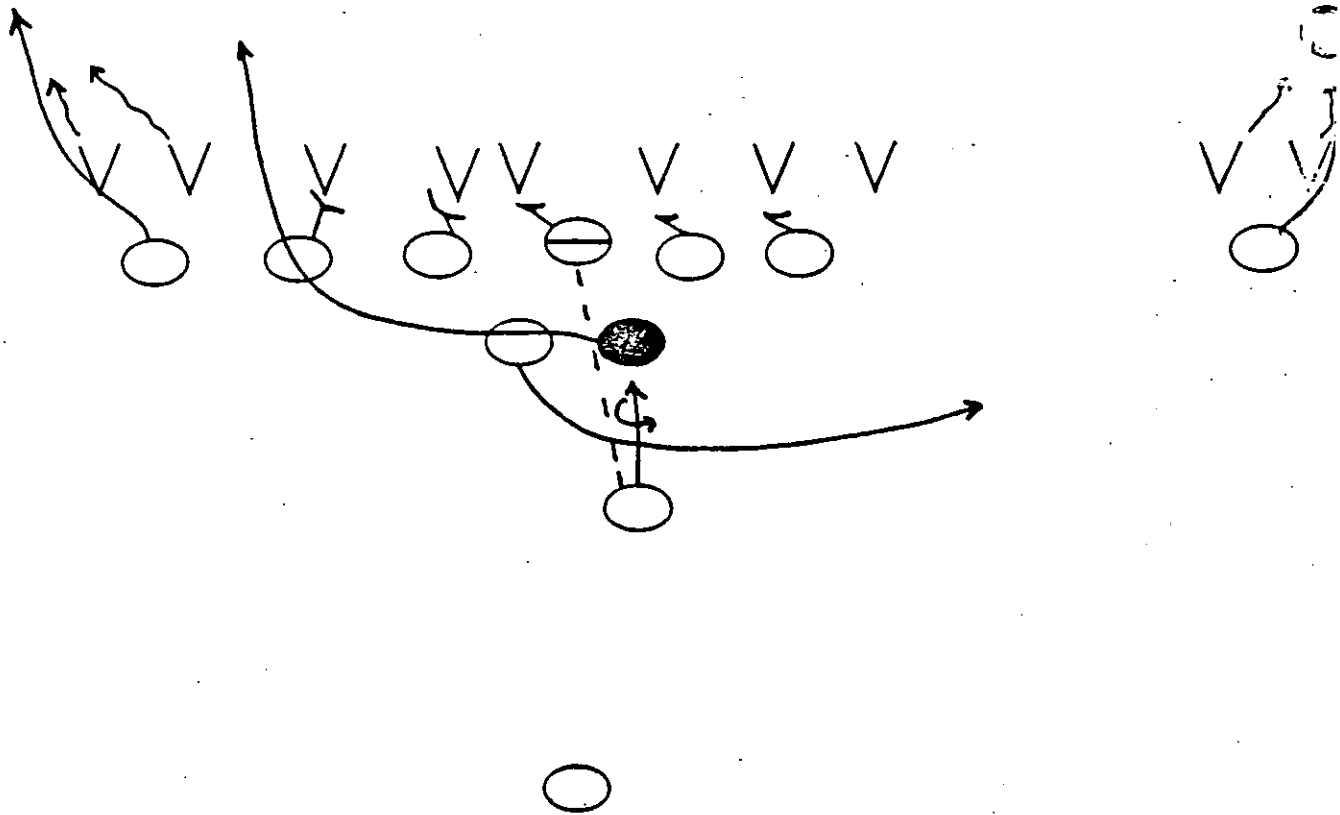


VS. FRONT - THAT
WOULD PERMIT A
"G" BLOCK.

REVERSE OFF 52 RED



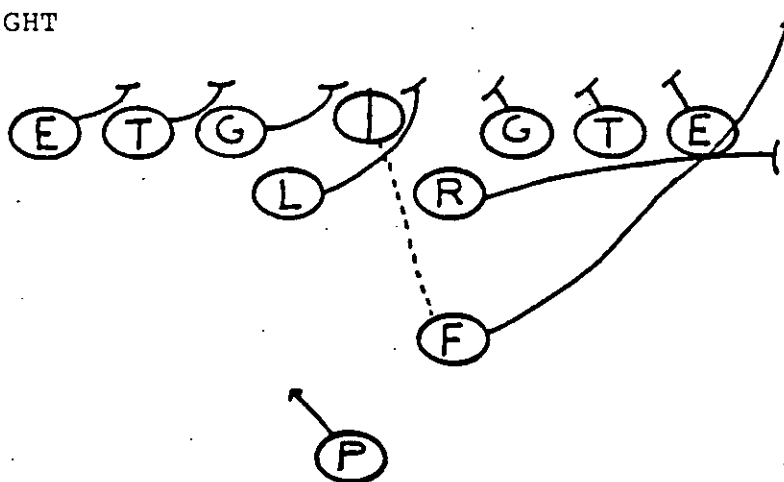
BUMAROOSKI



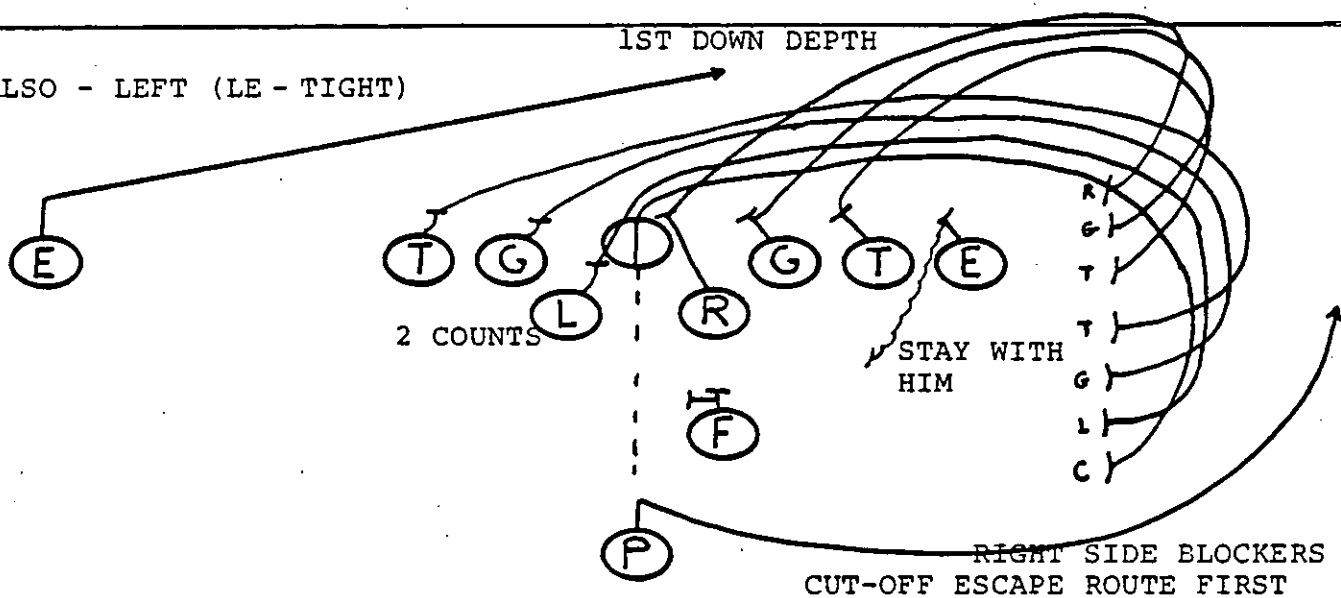
- 1) RIGHT GUARD - TIGHTEN SPLIT.
- 2) LINEMEN BLOCK HIGH SO DEFENSIVE LINEMEN CAN'T SEE BALL HANDLING.
- 3) LEFT SIDE WILL BLOCK DOWN.
- 4) RIGHT GUARD AND RIGHT TACKLE - PROTECT BALL HANDLING.
- 5) DIRECT SNAP TO FULLBACK - FULLBACK STEPS UP AND PLACES FOOTBALL BETWEEN UPBACK'S LEGS. SPINS FAKES HAND OFF TO LEFT UPBACK. ALL DRIVE TO RIGHT.
- 6) RIGHT UPBACK MUST BE PATIENT - DON'T BE IN A HURRY - MUST WAIT TILL LEFT UPBACK PASSES - THEN DRIVE TO OPEN AREA ON LEFT SIDE.
- 7) BEST TO RUN VS. A WALL RETURN - OR VS. A PUNT SAFE.

PUNT UNIT FAKES - PASS AND RUN

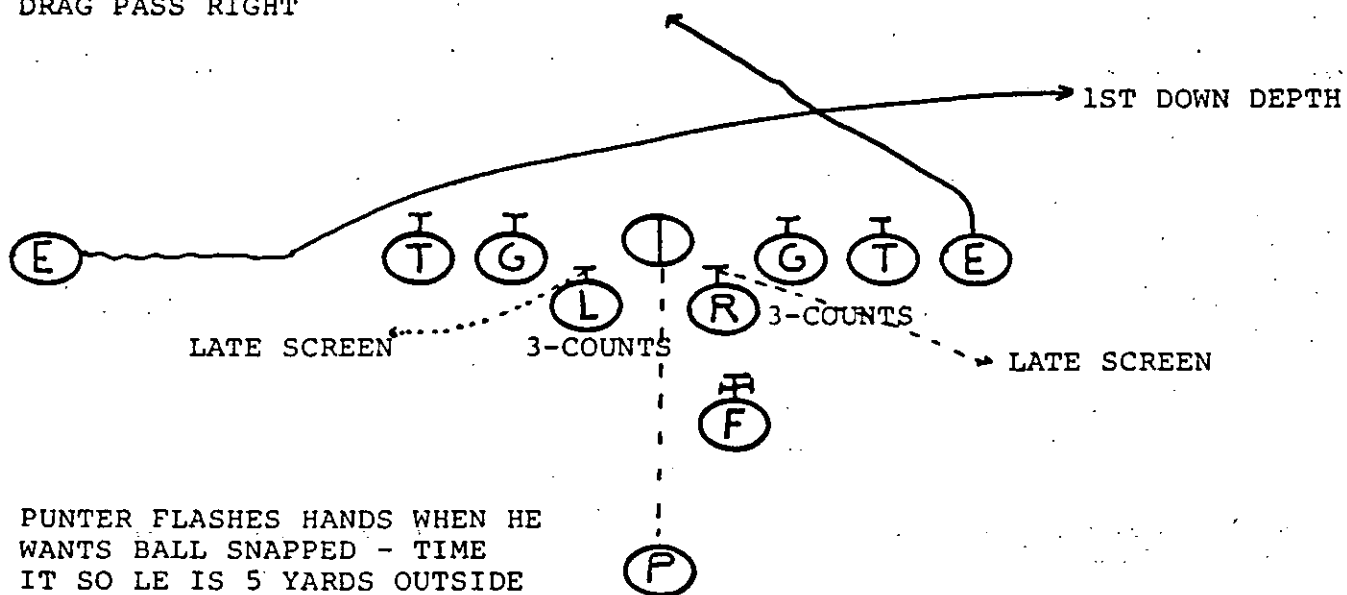
FAKE PUNT RUN RIGHT
(ALSO LEFT)



ALSO - LEFT (LE - TIGHT)



DRAG PASS RIGHT



PUNTER FLASHES HANDS WHEN HE
WANTS BALL SNAPPED - TIME
IT SO LE IS 5 YARDS OUTSIDE
TACKLE

TAKING A SAFETY FORMULA

BASIC PREMISES

1. FIVE SECONDS WILL BE CONSUMED ON THE KICK-OFF AFTER THE SAFETY.
2. THE OPPONENT WILL GET THE BALL ON THEIR 45 YARD LINE.
3. IT WOULD TAKE THEM 10-15 SECONDS TO GET THE BALL TO FIELD GOAL RANGE (OUR 30 YARD LINE).
4. IT TAKES 5 SECONDS TO ATTEMPT AND RECOVER AN ON-SIDE KICK.
5. IT TAKES 30 SECONDS TO SCORE A TOUCHDOWN FROM YOUR OWN 45 YD LINE.
6. WE CAN USE UP 90 SECONDS IF WE GET POSSESSION AFTER THE KICK.

ADJUSTMENTS BY GAME	AHEAD BY	WILL BE AHEAD BY	TIME REMAINING	DECISION
	2	0	LESS THAN 15 SECS	NEED A TIE, YES
	2-4-5	1-2-3	LESS THAN 15 SECS	YES
	3-4-5	1-2-3	15 TO 25 SECS	MAYBE
	3-4-5-	1-2-3	MORE THAN 25 SECS	NO
	5	3	15 TO 25 SECS	NEED A TIE, YES
	6-7-8	4-5-6	LESS THAN 30 SECS	YES
	6-7-8	4-5-6	30 TO 40 SECS	MAYBE
	6-7-8	4-5-6	MORE THAN 40 SECS	NO
	9	7	LESS THAN 30 SECS	YES
	9	7	30 TO 40 SECS	MAYBE
	9	7	30 to 40 SECS	NEED A TIE, YES
	9	7	OVER 40 SECS	NO
	10-11-12	8-9-10	LESS THAN 50 SECS	YES
	10-11-12	8-9-10	50 TO 60 SECS	MAYBE
	10-11-12	8-9-10	MORE THAN 60 SECS	NO
	12	10	LESS THAN 55 SECS	NEED A TIE, YES
	13-14-15-16	11-12-13-14	LESS THAN 60 SECS	YES
	13-14-15-16	11-12-13-14	60 TO 70 SECS	MAYBE
	13-14-15-16	11-12-13-14	MORE THAN 70 SECS	NO
	16	14	60 TO 70 SECS	NEED A TIE, YES
	17-18-19	15-16-17	LESS THAN 75 SECS	YES
	17-18-19	15-16-17	75 TO 85 SECS	MAYBE
	17-18-19	15-16-17	MORE THAN 85 SECS	NO
	19	17	LESS THAN 80 SECS	NEED A TIE, YES
	20	18	LESS THAN 90 SECS	YES
	20	18	90 TO 100 SECS	MAYBE

BASIC RULES PERTAINING TO PUNT RETURNS

1. A FAIR CATCH SIGNAL IS VALID (WHILE KICK IS IN FLIGHT) WHEN:
 - A) ONE HAND ONLY IS RAISED AND AT A FULL ARMS LENGTH ABOVE THE HEAD.
2. IF A RECEIVER SIGNALS (VALID OR INVALID) FOR A FAIR CATCH DURING ANY KICK EXCEPT ONE WHICH DOES NOT CROSS L.O.S., THE BALL IS DEAD WHEN CAUGHT BY ANY RECEIVER. IF THE PUNT RECEIVER DID NOT SIGNAL THE BALL IS PUT INTO PLAY BY THE RECEIVER AT THE SPOT OF THE CATCH.
 - A) EXCEPTION: ANY RECEIVER MAY RECOVER AND ADVANCE AFTER A FAIR CATCH SIGNAL IF THE KICK EITHER:
 - a) TOUCHES THE GROUND, OR
 - b) TOUCHES ONE OF THE COVERAGE MEN IN FLIGHT.
3. IF PLAYER SIGNALS (VALID OR INVALID) FOR A FAIR CATCH, HE MAY NOT UNTIL THE BALL TOUCHES A PLAYER:
 - A) BLOCK, OR
 - B) INITIATE CONTACT WITH ONE OF THE KICKERS.PENALTY UNSPORTSMANLIKE CONDUCT - 15 YARDS FROM SPOT OF INFRACTION.
4. ALL PLAYERS ON THE RECEIVING TEAM ARE PROHIBITED FROM BLOCKING BELOW THE WAIST DURING A DOWN IN WHICH THERE IS A FREE KICK OR A KICK FROM SCRIMMAGE. 15 YARD PENALTY FROM SPOT OF FOUL.

EXCEPTION: PLAYERS LINED UP WITHIN TWO YARDS OF THE TACKLE ON A KICK FROM SCRIMMAGE, WHETHER ON OR BEHIND L.O.S., MAY BE BLOCKED BELOW THE WAIST AT OR BEHIND THE L.O.S. NO PLAYER CAN BE BLOCKED BELOW THE WAIST AFTER HE GOES BEYOND THE L.O.S.
5. DO YOU HAVE TO CATCH THE BALL AFTER SIGNALING FOR A FAIR CATCH? NO.
6. AFTER SIGNALING FOR A FAIR CATCH, CAN YOU BLOCK? NO.
7. A FREE KICK AFTER A FAIR CATCH CALLS FOR AN ALIGNMENT JUST AS ON ANY KICKOFF. HOWEVER, NO TEE MAY BE USED, AND A FIELD GOAL CAN BE SCORED. TREAT THE BALL DOWNFIELD AFTER SUCH A FREE KICK EXACTLY AS A FIELD GOAL ATTEMPT. (THE KICKING TEAM CAN'T GAIN POSSESSION UNLESS THE BALL IS FIRST TOUCHED BY THE RECEIVING TEAM.
8. TO "DOWN" A PUNT, THE COVERING MAN MUST STAY WITH THE BALL UNTIL THE WHISTLE. TOUCHING THE BALL DOES NOT STOP PLAY. IF THE COVERING TEAM ON A PUNT TOUCHES THE BALL, BUT FAILS TO OFFICIALLY "DOWN" IT, THE RECEIVING TEAM CAN NOW TRY TO ADVANCE THE BALL AT NO RISK TO THEMSELVES. IF THEY GAIN YARDAGE, THEY MAY ACCEPT THE GAIN. IF THEY FUMBLE OR LOSE YARDAGE, THEY CAN ELECT TO TAKE THE BALL WHERE IT WAS TOUCHED BY THE COVERING TEAM.
9. NO PLAYER OF THE KICKER'S TEAM MAY FIRST TOUCH A SCRIMMAGE OR RETURN A KICK BEFORE IT HAS BEEN TOUCHED BY A RECEIVER (FIRST TOUCHING).

EXCEPTION: WHEN A KICK IS FROM BEHIND THE L.O.S., ANY TOUCHING BEHIND THE LINE BY AN OFFENSIVE PLAYER IS LEGAL AND HE MAY RECOVER OR ADVANCE IT.

1981 NATIONAL FOOTBALL LEAGUE STATS

PUNT RETURN RANKINGS

1)	LOS ANGELES	13.8	
2)	SAN DIEGO	12.2	
3)	CHICAGO	11.5	
4)	KANSAS CITY	10.6	
5)	ST. LOUIS	10.5	
6)	NEW ORLEANS	10.4	
7)	WASHINGTON	10.3	
8)	MIAMI	10.2	
9)	SEATTLE	9.2	(NFL AVERAGE 8.6)
10)	<u>DETROIT</u>	<u>8.7</u>	(1980 AVERAGE LIONS 8.3 - 9TH IN THE NFL)
11)	DENVER	8.6	
12)	BUFFALO	8.3	
13)	PITTSBURGH	8.2	
14)	HOUSTON	7.9	
15)	MINNESOTA	7.8	
	N.Y. GIANTS	7.8	
16)	ATLANTA	7.7	
	GREEN BAY	7.7	
17)	CLEVELAND	7.4	
18)	OAKLAND	7.3	
	PHILADELPHIA	7.3	
19)	SAN FRANCISCO	7.2	
20)	CINCINNATI	7.1	
21)	N.Y. JETS	6.7	
22)	TAMPA BAY	6.4	
	NEW ENGLAND	6.4	
23)	DALLAS	5.2	
24)	BALTIMORE	4.7	

NOTE: WE WERE FAR TOO EXCESSIVE IN PENALTIES ON PUNT RETURNS -
11 TIMES FOR A TOTAL OF 97 YARDS. DUE TO PENALTIES, WE
ALSO LOST A TOTAL OF 119 YARDS IN RETURNS - THIS AMOUNTS
TO A GRAND TOTAL OF 216 YARDS. OUR FIRST OBJECTIVE IN
1982 IS TO ELIMINATE UNNECESSARY PENALTIES ON PUNT RETURNS.

1981 NATIONAL FOOTBALL LEAGUE STATS

PUNT RETURN RANKINGS

NFC

1)	LOS ANGELES	13.8	
2)	CHICAGO	11.5	
3)	ST. LOUIS	10.5	
4)	NEW ORLEANS	10.4	
5)	WASHINGTON	10.3	(NFC AVERAGE 7.3)
6)	<u>DETROIT</u>	<u>8.7</u>	(1980 - 8.3 AVE.
7)	N.Y. GIANTS	7.8	LIONS 4TH IN NFL)
	MINNESOTA	7.8	
8)	GREEN BAY	7.7	
	ATLANTA	7.7	
9)	PHILADELPHIA	7.3	
10)	SAN FRANCISCO	7.2	
11)	TAMPA BAY	6.4	
12)	DALLAS	5.2	

AFC

1)	SAN DIEGO	12.2
2)	KANSAS CITY	10.6
3)	MIAMI	10.2
4)	SEATTLE	9.2
5)	DENVER	8.6
6)	BUFFALO	8.3
7)	PITTSBURGH	8.2
8)	HOUSTON	7.9
9)	CLEVELAND	7.4
10)	OAKLAND	7.3
11)	CINCINNATI	7.1
12)	N.Y. JETS	6.7
13)	NEW ENGLAND	6.4
14)	BALTIMORE	4.7

PUNT RETURN AVERAGES - 1981

10 MAN MIDDLE MAN-IT	17 RETURNS	12.3 AVERAGE
10 MAN WALL RIGHT	8 RETURNS	5.1 AVERAGE
10 MAN WALL LEFT	7 RETURNS	3.5 AVERAGE
10 MAN MAN-IT LEFT	5 RETURNS	7.4 AVERAGE
10 MAN MAN-IT RIGHR	0 RETURNS	
10 MAN CORNERS DEEP	4 RETURNS	4.2 AVERAGE
10 MAN SAFE RETURN	1 RETURN	-1 YARDS
BLOCKS	6 RETURNS	5.0 AVERAGE

GENERAL INFORMATION

1. WHEN THE PLAY CALLS FOR IT, MAKE A PROPER SIGNAL FOR A FAIR CATCH.
2. ALWAYS FORCE THE PUNTER TO KICK ON RHYTHM. STRIVE TO BLOCK THE PUNT. EVEN WHEN THE BLOCK IS NOT ON AND YOU COME FREE, AND YOU CAN GET IT, DO SO.
3. WE WILL HAVE ALIGNMENTS WHERE WE UNLOAD ON THE CENTER TO KEEP HIM HONES.
4. THE HALFBACKS AND PUNT RETURNER MUST COMMUNICATE.
5. INGREDIENTS OF A SUCCESSFUL RETURN:
 - A) PERSONNEL PROTECTOR - AFTER CHECKING FAKES - BLOCK BACK TO RETURNER - DON'T BLOCK PAST THE BALL.
 - B) IT IS IMPERATIVE WE EXECUTE AN EXCELLENT DOUBLE TEAM ON THE HAWKS IF WE EXPECT OUR RETURN TO BE SUCCESSFUL.
C.P. - ALIGN IN BRACKET POSITION AND ATTACK THE HAWK.
 - C) OFF END MUST FIRST CROSS L.O.S. AND CHECK PUNTER TO SEE THAT HE KICKS ON RHYTHM. THEN SPRINT TO BECOME A BLOCKER.
 - D) KICKOUT BLOCKER MUST LOCATE CONTAIN AND EXECUTE SUCCESSFULLY. TIMING IS OF THE UTMOST IMPORTANCE. DON'T RUSH THE BLOCK. ONCE YOU'RE INTO THE MAN, STAY UP IN HIS FACE AND SUSTAIN THE BLOCK.
 - E) TAILGATE MEN - USE SPRINT TO GAIN POSITION & TIME UP BLOCK, FINISH YOUR BLOCK.
 - F) THE WILLINGNESS AND CHARACTER BY EVERYONE TO GIVE IT MAXIMUM EFFORT AT ALL TIMES.
6. WHENEVER OFFENSIVE LINEMEN FIRE OUT AT YOU - THINK RUN.
7. ALWAYS EMPLOY A 60-40 STANCE SO THAT RETURNS CANNOT BE DISTINGUISHED FROM BLOCKS.

GENERAL POINTS

1. KNOW THE RULE OF FIRST TOUCH THOROUGHLY. OFFICIAL WILL BLOW THE BALL DEAD.
2. NEVER GO INTO YOUR RETURN UNLESS IT'S A SURE PUNTING SITUATION. WHEN IN DOUBT, WE WILL CALL "SAFE RETURN" - WHICH MEANS WE HAVE REASON TO EXPECT A FAKE PUNT, RUN OR PASS. WHEN WE CALL "SAFE RETURN" RUN PASS RESPONSIBILITY IS PRIMARY AND THE RETURN IS SECONDARY. PROCEED WITH THE RETURN CALLED.
3. VERSUS ALL QUICK KICKS AND PUNT BLOCKS, IT WILL BE AUTOMATIC RETURN RIGHT.
4. PEOPLE WITH COVERAGE RESPONSIBILITIES MUST BE ALERT FOR FAKE PUNTS DEFEND THE ELIGIBLES. IT IS OF THE UTMOST IMPORTANCE TO FIRST IDENTIFY THE ELIGIBLE RECEIVERS ON OUR OPPONENT'S PUNT FORMATION. RECOGNIZE ANY EXOTIC FORMATION. CALL IT OUT - DECLARE THE ELIGIBLES AS THIS MAY "TALK OPPONENT OUT OF A FAKE".
5. WHENEVER WE CAN GET A TIP BY THE SPLIT OF THE HAWKS, WE WILL USE A CHECK WITH ME SIGNAL ON RIGHT OR LEFT RETURNS TO GAIN AN EDGE.
6. REGARDLESS OF HOW POOR OUR FIELD POSITION IS, IT IS OUR GOAL TO GIVE OUR OFFENSE THE FOOTBALL NO DEEPER THAN THE 20 YARD LINE.

COACHING POINTS ON PUNT RETURNS

PUNT RECEIVER

1. IF WE ARE BACKED UP, NEVER, NEVER, NEVER HANDLE A PUNT INSIDE THE 10 YARD LINE. ALIGN WITH HEELS ON THE 10 YARD LINE - BE A GREAT ACTOR. LOCATE THE BALL, MOVE SEVERAL STEPS AWAY FROM ITS DIRECTION. SIMULATE A FAIR CATCH. FORCE COVERAGE TO PULL UP. AFTER FAKING A FAIR CATCH, MOVE FORWARD AND LOCATE THE BALL. DON'T LET IT BOUNCE BACK AND HIT YOU.

WHEN YOU DON'T FAKE A FAIR CATCH, YOU MAY BLOCK COVER MEN TO PERMIT PUNT TO REACH THE END ZONE - DO SO - USE BOTH TECHNIQUES.

2. IN HANDLING PUNTS - READ PUNTER'S FOLLOW THROUGH. PICK BALL UP AS IT LEAVES PUNTER'S FOOT. READ THE BACK END OF THE BALL FOR FLIGHT OF THE PUNT.

A) IF BACK END STAYS DOWN, THE BALL WILL FALL SHORT AND TO YOUR RIGHT.

B) IF BACK END TURNS OVER, THE PUNT WILL GO DEEP AND TO YOUR LEFT. YOU CAN FIELD IT MORE LIKE A FLY BALL.

C) A WOBBLY PUNT WILL GENERALLY FALL SHORT.

D) IF OPPONENTS ARE PUNTING IN TO THE WIND, ALL KICKING ERRORS WILL BE MAGNIFIED.

EXAMPLE: WHEN THE BACK END STAYS DOWN, PUNT WILL FALL SHORTER THAN ANTICIPATED.

3. IF AT ALL POSSIBLE, DON'T LET THE BALL HIT THE GROUND.

4. HANDLING A SLICED PUNT - IF YOU CAN'T HANDLE IT, GET AWAY FROM IT - "HOT" CALL.

5. OUR HALFBACKS SHOULD HANDLE ALL SLICED OR SHORT KICKS TO YOUR SIDE. ALIGN WIDE ENOUGH TO HANDLE ALL SLICED PUNTS. DO NOT BACK UP TO HANDLE A PUNT. OUR DEEP SAFETY WILL HANDLE ALL OTHER PUNTS.

C.P.: HALFBACKS ALIGN WITH ENOUGH WIDTH TO PROTECT THE BOUNDARY DEPTH 28-30 YARDS. IF BALL PUNTED AWAY, WORK TOWARD RETURNER AND ATTACK YOUR MAN.

6. KNOW ALL FACETS OF THE FAIR CATCH RULES.

7. IN ANTICIPATING THE DIRECTION OF THE PUNT - FOR COVERAGE PURPOSES THE PUNTER WILL PUNT IN THE DIRECTION OF SPLIT MAN.

8. "HOT" THE BALL (INSIDE 10 YARD LINE OR A SHORT PUNT).

9. MAY "HOT" THE BALL AT END OF HALF OR GAME WHEN WE DON'T WANT TO HANDLE PUNTS.

10. PUNT RETURNER WILL GENERALLY ALIGN 38 TO 40 YARDS IN DEPTH. ADJUST ACCORDING TO ABILITY OF PUNTER.

11. NEVER BE INDECISIVE. EITHER HANDLE THE KICK OR GET AWAY FROM IT.

COACHING POINTS ON PUNT RETURNS (Cont.)

11. THE MOST IMPORTANT FACTOR, OTHER THAN HANDLING THE PUNT, IS THE HOLD UP AND HARASSMENT OF THE HAWKS. IF OUR RETURNS ARE TO BE SUCCESSFUL, WE MUST PREVENT THE HAWKS FROM DISRUPTING OUR RETURN.
12. HAWK HOLD-UP PEOPLE MUST POSSES ENOUGH PRESENCE OF MIND TO HAVE A FEEL WHEN YOU MIGHT INTERFERE WITH OUR RETURN MAN IN HANDLING THE PUNT.
13. IF YOU ARE ASSIGNED A MAN ON THE L.O.S., FORCE HIM AWAY FROM THE RETURN. DON'T WASTE TIME ON THE L.O.S. - RELEASE HIM, DON'T LET HIM RELEASE YOU. DON'T OVER-COMMIT.
14. YOU MUST SPRINT TO TAILGATE. THIS IS A "BUST A GUT" TECHNIQUE. YOU MUST HUMP IT.
15. DON'T BLOCK DOWNFIELD ON A "HOT" CALL. LOCATE THE BALL AND GET AWAY FROM IT.

PUNT RETURN PROCEDURES

1. HOW THE PUNT RETURN IS CALLED:
 - A) BY THE DESIGNATED SIGNAL CALLER, OR IF WE HAVE LEFT THE DEFENSIVE TEAM INTACT ("DEFENSE STAYS") ON THE FIELD, THE REGULAR DEFENSIVE SIGNAL CALLER WILL MAKE THE CALL.
2. SEQUENCE OF THE PUNT RETURN CALL - THE ELEMENTS OF A CALL INCLUDE:
 - A) NUMBER OF RUSHERS: NUMBER OF MEN ON OR NEAR THE L.O.S.
EXAMPLE: "9 MAN OR 10 MAN"
 - B) ALIGNMENT: BALANCED (THIS WILL BE AUTOMATIC UNLESS OTHERWISE DESIGNATED). "LOAD RIGHT" OR "LOAD LEFT" CALL DESIGNATING 6 OR MORE MEN ON ONE SIDE OF THE CENTER.
 - C) DIRECTION AND TYPE OF RETURN.
EXAMPLE: 1) "10-MAN RIGHT" - (A "MAN -IT" TYPE RETURN IS AUTOMATIC UNLESS OTHERWISE INDICATED.
2) "10-MAN WALL" THIS CALL SPECIFIES A "WALL" TECHNIQUE.
 - D) "BLOCK" - INDICATES PUNT BLOCK IS THE CALL AND THE RETURN IS THE SECONDARY RESPONSIBILITY.
C.P.: ALL BLOCKS WILL BE AN AUTOMATIC RIGHT RETURN.
 - E) "DEFENSE STAYS" - THIS CALL INDICATES THAT OUR STARTING DEFENSIVE UNIT (INCLUDING ANY SUBSTITUTIONS THAT HAVE BEEN MADE TO THAT POINT) ARE RESPONSIBLE TO BE ON THE FIELD, AND PUNT RETURN MEMBERS NOT ON THE DEFENSIVE UNIT ARE OFF THE FIELD. RETURNER MAY BE SUBSTITUTED FOR MIKE.

PUNT RETURN PROCEDURES (Cont.)

- F) "SAFE RETURN" - THIS IS A CALL THAT MEANS OUR NORMAL PUNT RETURN UNIT WILL BE ON THE FIELD (BECAUSE WE HAVE REASON TO EXPECT A FAKE PUNT (RUN OR PASS) AND ALERT TO A FAKE PUNT (RUN OR PASS). WE CAN USE ANY OF OUR RETURNS AS SAFE RETURNS. EXAMPLE: SAFE RETURN - "10 MAN RIGHT".
- G) SEVERAL TYPICAL CALLS WOULD BE AS FOLLOWS:
- 1) "10-MAN LEFT" (AUTOMATIC "MAN-IT")
 - 2) "10-MAN MIDDLE -(MAN-IT)"
 - 3) "10-MAN LOAD RIGHT - RETURN RIGHT" ("MAN-IT")
 - 4) "10-MAN BLOCK" (AUTOMATIC RIGHT RETURN).
3. "DEFENSE STAYS" WHEN THE OPPONENT APPEARS TO BE IN A SITUATION WHERE THEY MAY GO FOR IT RATHER THAN PUNT, WE WILL LEAVE THE COMPLETE DEFENSIVE TEAM ON THE FIELD, (WITH THE POSSIBLE EXCEPTION OF ONE DEEP BACK). THE DEFENSIVE SIGNAL CALLER WILL MAKE THE CALL, "DEFENSE STAYS". IN THIS TYPE RETURN, WE WILL HAVE ALL RECEIVERS COVERED AND WILL HAVE SOMEONE TO FORCE THEM TO KICK ON TIME IN THE EVENT THAT THEY ARE REALLY KICKING THE BALL. IF THEY ALIGN IN ANY FORMATION OTHER THAN PUNT FORMATION, WE WILL PLAY THE DEFENSE CALLED (4-3 OR 6-1). NOTE: DEFENSIVE COACHES WILL SET DEFENSE FOR FAKE PUNTS AND FIELD GOALS. CORNERS: WE MUST GET A HOLD UP THE HAWKS!
4. FIELDING THE BALL -
- A) LINE UP ACCORDING TO THE PUNTER'S ABILITY. WE MUST HANDLE THE PUNT.
 - B) THE PUNT RETURNER WILL MAKE THE CALL. HE WILL CALL "ME, ME, ME" OR "YOU, YOU, YOU". THE MAN MAKING THE CATCH MUST MAKE A GOOD, SURE CATCH. THE MAN NOT MAKING THE CATCH MUST PROTECT A PUNT RECEIVER. HE MUST GIVE THE PUNT RECEIVER ROOM TO HANDLE THE PUNT. HE MUST ADVISE THE PUNT RECEIVER WHEN IT IS EXPEDIENT TO MAKE A FAIR CATCH AND SHOULD SO ADVISE HIM OF THIS BY YELLING "FAIR CATCH, FAIR CATCH".
 - C) ON A PUNT INSIDE THE 10 YARD LINE, ALIGN WITH YOUR HEELS ON THE 10 YARD LINE. DO NOT STEP BACK TO FIELD THE PUNT UNLESS IT IS A LINE DRIVE OR YOU CAN CLEARLY RETURN, THEN DO SO. SIMULATE A FAIR CATCH, BE A GREAT ACTOR, BUT LET IT GO OVER YOUR HEAD AND INTO THE END ZONE. AFTER FAKING FAIR CATCH, FIND THE FOOTBALL, DON'T LET IT BOUNCE BACK INTO YOU. DO NOT ALWAYS SIGNAL FOR A FAIR CATCH BECAUSE IF YOU DO, YOU CANNOT BLOCK COVERAGE PEOPLE. VARY YOUR TECHNIQUE.
5. A "HOT" CALL IS USED ON ALL SLICED OR SHORT PUNTS. A "HOT" CALL IS YOUR ALERT TO FIND AND AVOID THE FOOTBALL.
6. WE WILL AT TIMES BE SHIFTING DEFENSES TO DRAW THE OFFENSE OFF-SIDES, AND TO CREATE A NEW ALIGNMENT. WE WILL OFTEN ATTEMPT TO DRAW THEM OFFSIDES BY SURPRISE TYPE ACTIONS. ALWAYS MAKE FAKES ON OUR SIDE OF THE BALL SO THAT WE ARE NOT OFFSIDES.
- C.P. - WITH LESS THAN 5 YARDS TO GO- NEVER FAKE, WE WANT THE FOOTBALL.

PUNT RETURN PROCEDURES (Cont.)

7. PEOPLE LISTED BELOW ARE RESPONSIBLE TO REMIND THE REST OF THE TEAM, AFTER BREAKING THE DEFENSIVE HUDDLE (LET EVERYONE KNOW):

MIKE - "DON'T BE OFFSIDES".

FORCING END - "DON'T ROUGH THE KICKER".

TACKLE BLOCKING BACK TO RETURNER - "DON'T CLIP"

S/S - "DON'T LET THE BALL HIT THE GROUND".

CORNERS - "WATCH THE FAKE".

SHORT SAFETY AND SIGNAL CALLER - COUNT THE NUMBER OF OUR
RETURN UNIT.

ALL - CHECK YOUR COUNTER-PARTS.

8. SAFE RETURN OR DEFENSE STAYS - FIRST PLAY FOR EVERYTHING BUT A PUNT.

9. PUNT RETURN SUMMARY:

- A) GET THE CORRECT CALL AND DIRECTION OF THE RETURN.
- B) TAKE YOUR PROPER ALIGNMENT.
- C) EXECUTE HOLD UP, AND FORCE MAN TO RELEASE AWAY FROM THE RETURN. DON'T OVER-COMMIT AT L.O.S.
- D) ON "MAN-IT" RETURNS AFTER HOLD UP, USE A STALK TECHNIQUE. CONTINUALLY HARASS AND DISRUPT YOUR MAN AS YOU MOVE DOWNFIELD. BLOCK YOUR MAN PAST THE CONTROL POINT. TAIL GATE 'EM.
- E) HANDLE ALL PUNTS. NEVER LET THE BALL HIT THE GROUND.
- F) RETURNER - SET UP RETURN WHENEVER POSSIBLE.
- G) RETURNER MUST ATTACK THE COVERAGE UPFIELD, THEN FIND THE OPEN AREA.

COACHING POINTS - PUNT RETURNERS

- 1. NEVER FIELD A PUNT INSIDE YOUR 10 YARD LINE.
- 2. ALIGN WITH YOUR HEELS ON THE 10 YARD LINE, BE A GREAT ACTOR OR BLOCK.
- 3. HANDLE ALL PUNTS ON THE FLY. (HIDDEN YARDAGE)
- 4. ALWAYS LINE UP DEEP ENOUGH TO RECEIVE PUNTS. IT IS BEST TO MOVE FORWARD TO HANDLE A PUNT RATHER THAN TO MOVE BACKWARDS. ALWAYS STRIVE TO PLACE YOUR BODY DIRECTLY IN LINE WITH THE FOOTBALL. (SQUARE)
- 5. LEARN TO JUDGE WHEN TO MAKE A FAIR CATCH AND WHEN NOT TO MAKE ONE. THE HIGHER, SHORTER KICK, IS THE ONE YOU WILL THINK FAIR CATCH. LOWER LINE DRIVES USUALLY WILL BE CAUGHT AND RETURNED.
- 6. A POORLY KICKED BALL BOUNDING UP THE SIDELINES CAN BE RETURNED UP THE SIDELINE FOR QUICK YARDAGE. BE ALERT AND USE SOUND JUDGMENT IN FIELDING THIS TYPE OF KICK.

7. DO NOT ATTEMPT TO GET TO THE CALL SIDE WHEN THE BALL IS KICKED TOO FAR OPPOSITE THE SIDE OF THE RETURN. WE WILL USE THE NUMBERS FOR A LANDMARK IN MAKING THIS DECISION. TAKE IT UP THE BOUNDARY AND GET ALL YOU CAN. BALL ON THE NUMBERS EXECUTE THE RETURN.
8. RETURNERS, NEVER BE INDECISIVE, HANDLE THE KICK OR GET AWAY FROM IT!!
9. STAY AWAY FROM PARTIALLY BLOCKED KICKS BOUNCING AROUND IN A CROWD OF PLAYERS. ADVISE YOUR OWN TEAMMATES TO GET AWAY. "HOT" CALL.
10. TAKE CHANCES ON BALLS THAT ARE 15-25 YARDS OVER YOUR HEAD. YOU SHOULD BE ABLE TO JUDGE AND GET BACK QUICKER THAN THE COVERAGE.

STATEMENT REGARDING PUNT RETURNS

A SUCCESSFUL PUNT RETURN IS ONE OF THE MOST EXCITING PLAYS IN FOOTBALL. IT CERTAINLY CAN BREAK A GAME WIDE OPEN AND BECOME QUITE DEMORALIZING TO OUR OPPONENTS.

GENERALLY A SUCCESSFUL PUNT RETURN IS A DIRECT RESULT OF MORE EFFORT BEING EXPENDED BY THE RETURNING TEAM THAN THE COVERAGE UNIT. IN THE NATIONAL FOOTBALL LEAGUE IN 1981 - THE AVERAGE NUMBER OF PUNTS PER GAME WAS 5. ONE NEVER KNOWS WHEN A BIG PLAY WILL OCCUR IN A FOOTBALL GAME. THIS IS PARTICULARLY TRUE WITH PUNT RETURNS. "BUST A GUT" ON EACH RETURN - WE WANT TO SCORE WITH THE SPECIAL TEAMS AND THIS IS A GREAT OPPORTUNITY. IT WILL ONLY TAKE A FEW BLOCKS AND A GREAT EFFORT BY OUR PUNT RETURNER TO BREAK ONE. OUR GOAL IS TO AVERAGE 10 YARDS PER RETURN. THIS IS ONE FIRST DOWN OUR OFFENSE DOES NOT HAVE TO MAKE.

6 DON'TS OF THE PUNT RETURN

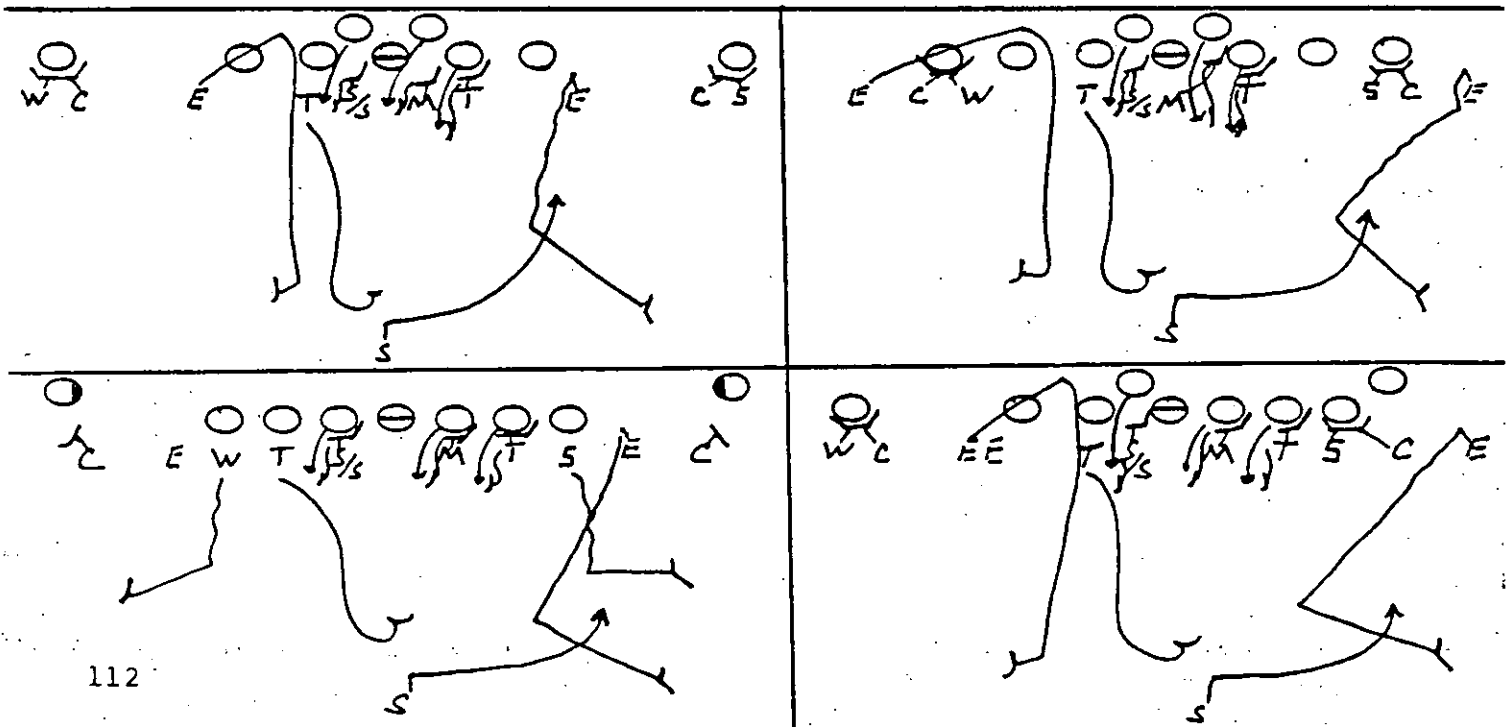
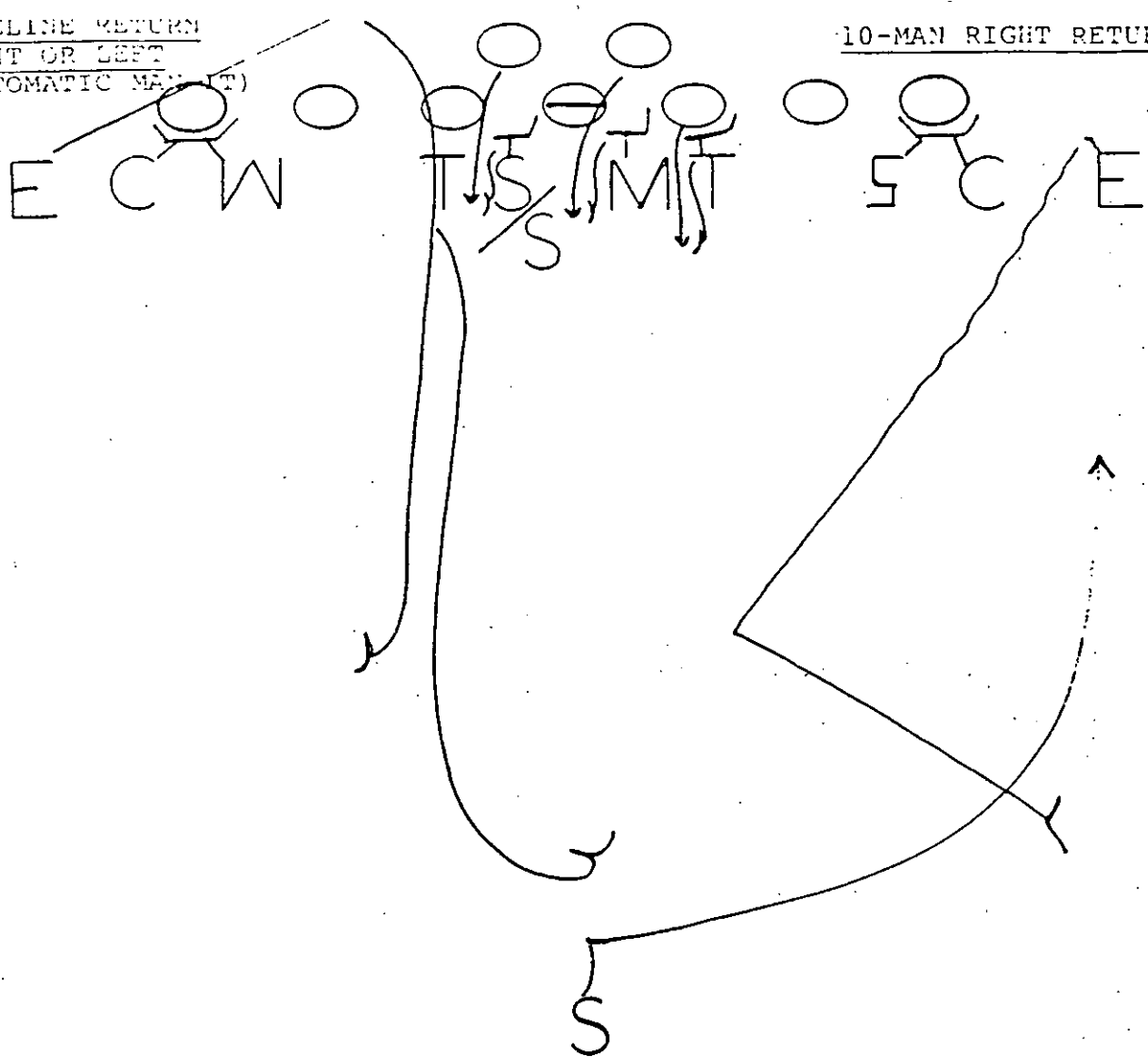
- 1) DON'T ALIGN WITH 12 MEN ON THE FIELD. EVERYONE COUNT AND CHECK YOUR COUNTER PART.
- 2) DON'T BE OFFSIDES.
- 3) DON'T ROUGH THE PUNTER.
- 4) DON'T CLIP.
- 5) DON'T LET THE BALL HIT THE GROUND.
- 6) DON'T BLOCK BELOW THE WAIST.

THE MAJOR PROBLEMS IN A SIDELINE RETURN IN PROFESSIONAL FOOTBALL HAVE BEEN TWO:

- A) DISRUPTION CAUSED BY THE HAWKS.
- B) POOR HOLD UP (OVER-COMMITMENT).

SIDELINE RETURN
RIGHT OR LEFT
(AUTOMATIC MAN (T))

10-MAN RIGHT RETURN



ASSIGNMENTS FOR 10-MAN RIGHT RETURN

RIGHT END TO SIDE OF RETURN: ALIGN 3 TO 5 YARDS IN WIDTH VS. TIGHT SET SO YOU DON'T INTERFERE WITH THE DOUBLE TEAM ON HAWKS. TAKE ONE JAB STEP UPFIELD, CHECK RUN OR PASS - TURN AND SPRINT - FIND THE CONTAIN MAN - GAIN INSIDE POSITION. TIME UP YOUR BLOCK, LATE KICK OUT AND FINISH YOUR BLOCK ON CONTAIN. (C.P.- END OUT ADJUST INSIDE.)

LEFT END - (AWAY FROM RETURN): ALIGN 3 TO 4 YARDS IN WIDTH VS TIGHT SET, ADJUST INSIDE WITH END OUT. CHECK PUNTER WITH PRESSURE ACROSS L.O.S. - DRIVE UPFIELD AND SEAL OFF GUARD.

BOTH CORNERS: ALIGN OUTSIDE BRACKETING THE HAWK WITH OUTSIDE LINEBACKER. ATTACK THE HAWK FROM OUTSIDE IN ON THE SNAP. DOUBLE TEAM HIM ALL THE WAY. PREVENT HIM FROM DISRUPTING RETURN. BLOCK HIM ANYWAY HE WANTS TO GO. END OUT - BRACKET THE HAWK WITH AN INSIDE ALIGNMENT.

SAM AND WILL: ALIGN INSIDE BRACKETING THE HAWK WITH CORNER ATTACK HIM INSIDE OUT ON THE SNAP. DOUBLE TEAM HIM ALL THE WAY. PREVENT HIM FROM DISRUPTING RETURN. BLOCK HIM ANY WAY HE WANTS TO GO. END OUT: BRACKET THE HAWK WITH AN OUTSIDE ALIGNMENT.

C.P. - CORNERS AND OUTSIDE LINEBACKERS - BY GAME PLAN - WE CAN ALSO USE DOUBLE HAWKS WITH FRONT AND BACK TECHNIQUE (CORNERS FORCE HAWKS OUTSIDE).

MIKE AND STRONG SAFETY - ALIGN ON 1'S, FORCE THEM AWAY FROM RETURN - USE TAILGATE TECHNIQUE. FINISH YOUR BLOCK.

C.P. - DON'T OVER-COMMIT AND LOSE YOUR MAN EARLY AT L.O.S. "FORCE HIS RELEASE - DON'T LET HIM RELEASE YOU."

BY GAME PLAN - WE MAY LOAD RIGHT OR LEFT - OR FROM AN EVEN ALIGNMENT, WORK OVER THE CENTER BEFORE TAKING YOUR RESPONSIBILITY.

RIGHT TACKLE (TACKLE TO SIDE OF RETURN): ALIGN ON #2 TO SIDE OF RETURN, FORCE HIM AWAY FROM RETURN - USE TAILGATE TECHNIQUE.

C.P. - DON'T OVER-COMMIT & LOSE YOUR MAN AT L.O.S. "FORCE HIS RELEASE - DON'T LET HIM RELEASE YOU."

LEFT TACKLE (TACKLE AWAY FROM RETURN): ALIGN ON #2 - PERSONNEL PROTECTOR CHECK PUNTER SET-UP ON RETURNER 10 YARDS IN FRONT OF HIM. FORCE ANY COVER MAN TO RUN THROUGH YOU TO MAKE PLAY ON THE RETURNER. BLOCK FROM HEAD UP ON RETURNER TO SIDE OF RETURN, N/T LEAD.

C.P. - YOU ARE ALWAYS RESPONSIBLE FOR THE FB ON RUN OR PASS.

RETURNER: WHEN TIME ALLOWS, YOUR FIRST TWO STEPS SHOULD BE UPFIELD OR AWAY FROM SIDE OF RETURN TO INFLUENCE OR SET UP THE COVERAGE.

NOTE: IF OPPONENTS ARE CHANGING UP CONTAIN WITH GUARDS OR UPBACKS - WILL GAIN DEPTH OFF L.O.S. - READ AND AREA BLOCK.

ASSIGNMENTS FOR "10 MAN MIDDLE MAN-IT"

THIS IS BEST WHEN OPPONENTS ARE BACKED UP AND MORE LIKELY TO BE KICKING IN THE MIDDLE OF THE FIELD.

ON THIS RETURN WE ARE SELLING OUT ALL THE WAY TO THE MIDDLE OF THE COVERAGE WITH THE KNOWLEDGE THAT THIS IS WHERE OUR BLOCKING ANGLES OCCUR.

RIGHT END: ALIGN 3 TO 5 YARDS IN WIDTH. STEP RECOGNIZE - DRIVE TO GET IN FRONT OF BALL. YOU ARE THE PERSONNEL PROTECTOR. BLOCK CENTER OR MOST DANGEROUS THREAT, N/T LEAD. C.P. - OCCASIONALLY YOU CAN CHEAT BACK EARLY, BUT CONTINUE TO CHECK PUNTER FOR FAKES.

LEFT END: ALIGN 3 TO 5 YARDS IN WIDTH VS. A TIGHT SET - ADJUST INSIDE WITH END OUT. CHECK PUNTER WITH PRESSURE ACROSS L.O.S. DRIVE UPFIELD TO RETURNER AND PICK OFF MOST DANGEROUS THREAT N/T LEAD. C.P.- EXERCISE GOOD JUDGEMENT - DON'T CLIP.

CORNERS - SAM AND WILL: SAME AS SIDELINE RETURN.

MIKE AND SHORT SAFETY: ALIGN ON #1'S - FORCE OUTSIDE RELEASE. TAILGATE AND BLOCK OUTSIDE - FINISH YOUR BLOCK.

TACKLES: ALIGN ON #2'S - FORCE OUTSIDE RELEASE - TAILGATE AND BLOCK OUTSIDE, FINISH YOUR BLOCK.

RETURNER: ATTACK MIDDLE OF COVERAGE - BLAST STRAIGHT TO MIDDLE OF COVERAGE, KNOWING YOUR ONLY HELP IS COMING FROM INSIDE OUT. C.P. - CONTAIN MEN ARE NOT BLOCKED ON THIS RETURN, THEREFORE NEVER START OUTSIDE.

NOTE: IF OPPONENTS ARE CHANGING UP CONTAIN WITH GUARDS OR UPBACKS - WILL GAIN DEPTH OFF L.O.S. - READ AND AREA BLOCK.

10-MAN MIDDLE MAN IT.

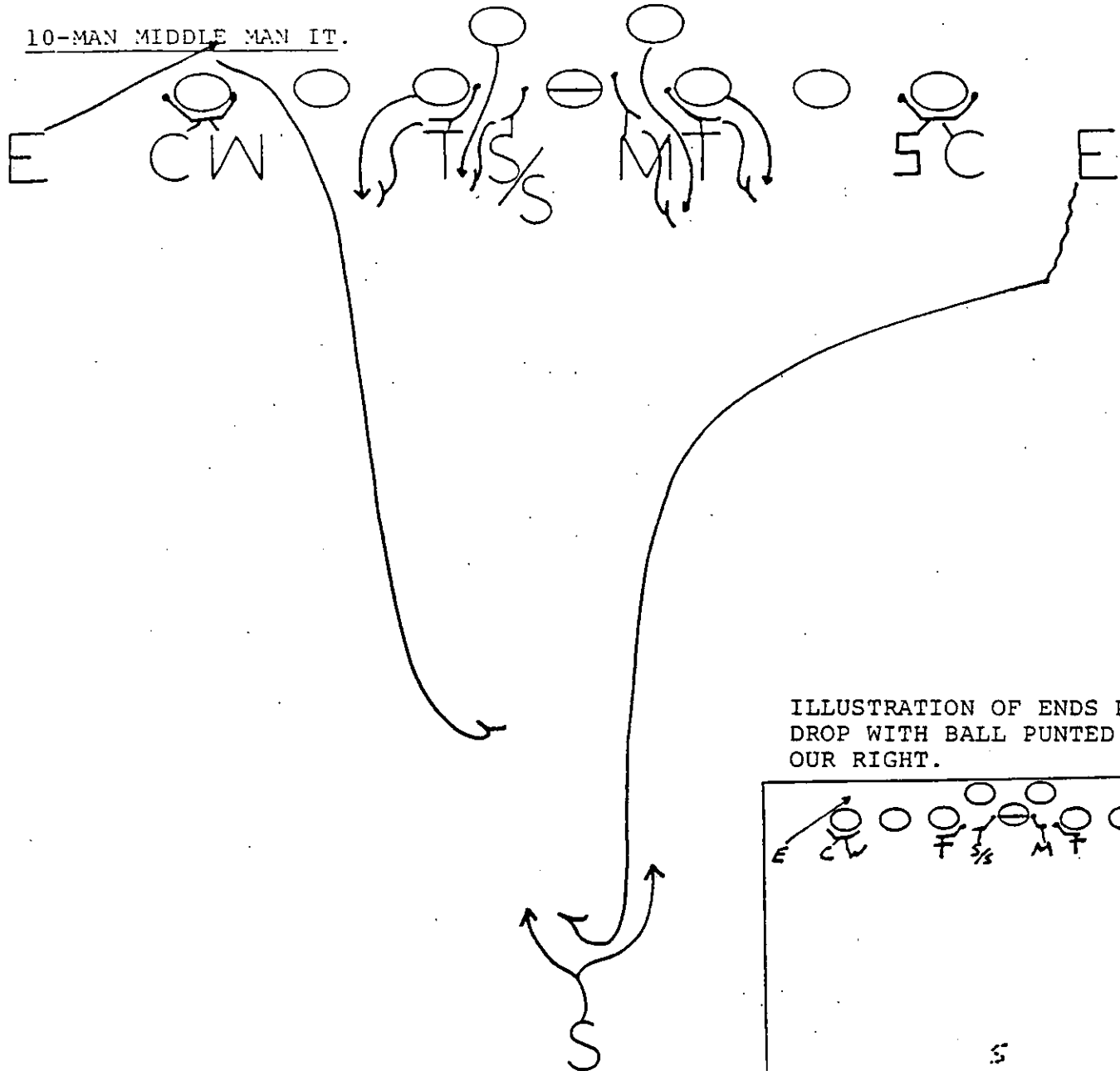
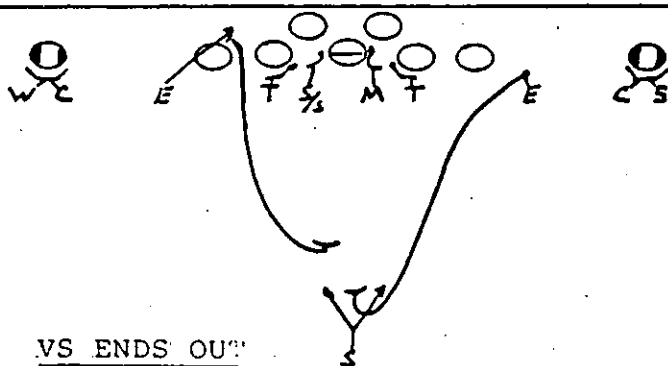
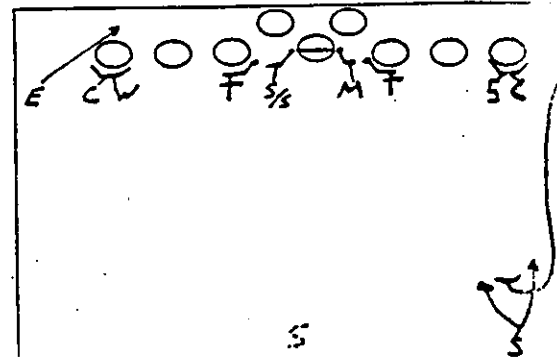
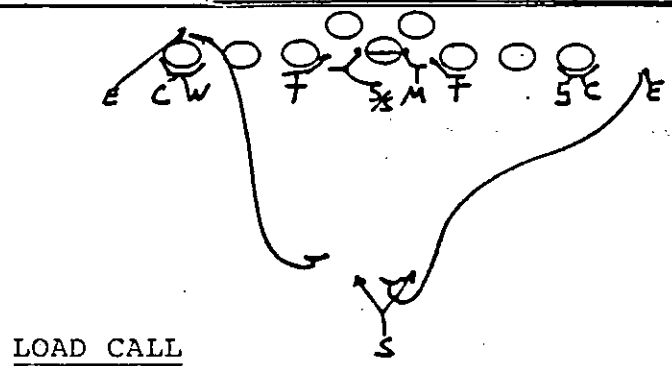


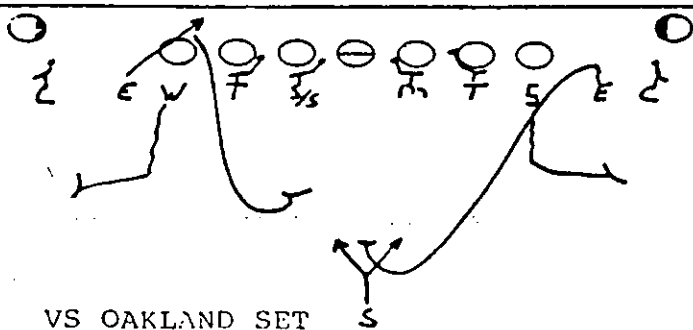
ILLUSTRATION OF ENDS PROPER DROP WITH BALL PUNTED TO OUR RIGHT.



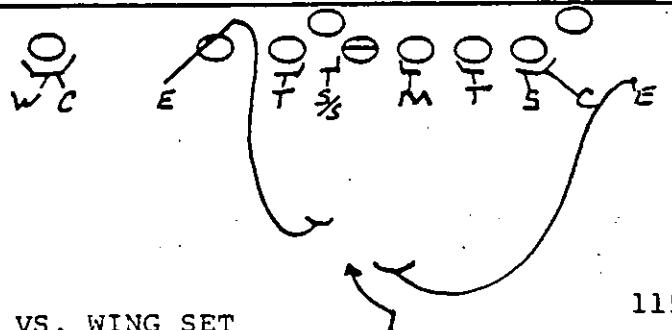
VS ENDS OUT



LOAD CALL



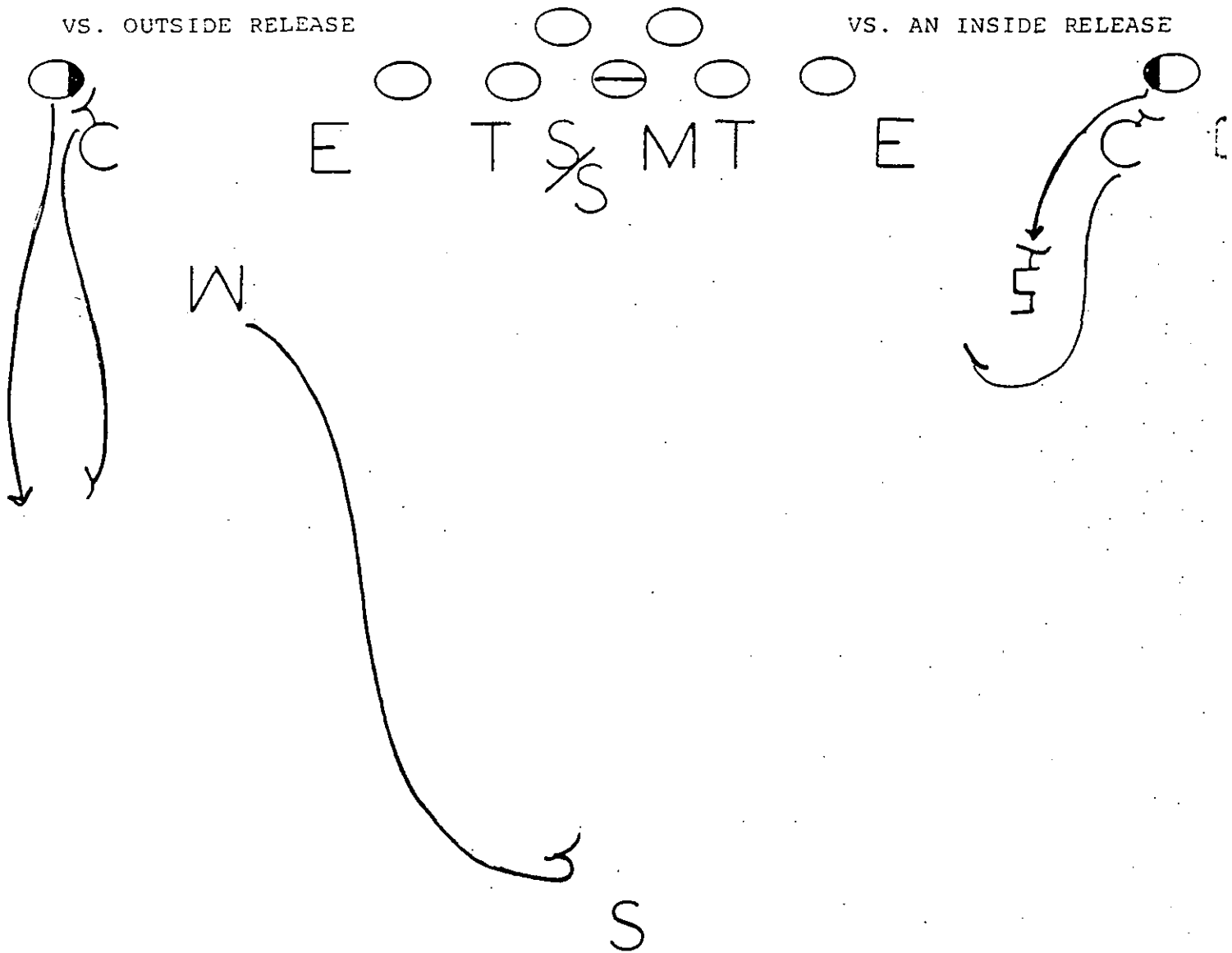
VS OAKLAND SET



VS. WING SET

VS. OUTSIDE RELEASE

VS. AN INSIDE RELEASE



FRONT AND BACK CHANGE UP TECHNIQUE ON HAWKS

BY GAME PLAN WE HAVE THE FLEXIBILITY OF ALIGNING SAM AND WILL OFF THE L.O.S. AT 6 YARDS DEPTH AND INSIDE - IF CORNER IS SUCCESSFUL IN FORCING THE HAWK OUTSIDE, FIND THE FOOTBALL AND SET UP 10 YARDS FROM RETURNER. BLOCK MOST DANGEROUS THREAT N/T LEAD.

- A) IF HAWK RELEASES INSIDE OR WHIPS CORNER INSIDE - LINEBACKER MUST ATTACK HAWK AND SLOW THEM DOWN ALLOWING CORNER TO WORK BACK INSIDE ON THE DOUBLE TEAM ON THE DOUBLE TEAM.

NOTE: IF THE CORNERS ARE SUCCESSFUL IN FORCING THE HAWKS OUTSIDE, IT WILL ALLOW US TO EMPLOY 2 ADDITIONAL PERSONNEL PROTECTORS FOR THE RETURNER.

BASIC RULES PERTAINING TO SCRIMMAGE KICKS

1. WHEN A BLOCKED SCRIMMAGE KICK IS RECOVERED BY THE OFFENSIVE TEAM BEHIND THE L.O.S., IT MAY BE ADVANCED.
 - A) OF COURSE EITHER TEAM MAY ADVANCE A BLOCKED SCRIMMAGE KICK BEHIND THE L.O.S.
 - B) ANY TOUCHING BEHIND THE L.O.S. BY AN OFFENSIVE PLAYER IS LEGAL, EVEN IF THE KICK CROSSES THE L.O.S. AND RETURNS BEHIND THE LINE BEFORE TOUCHING A RECEIVER BEYOND THE LINE.
2. WHEN A KICK FROM SCRIMMAGE, RETURN KICK, OR UNSUCCESSFUL FIELD GOAL CROSS THE RECEIVER'S GOAL LINE FROM THE IMPETUS OF THE KICK, IT IS A TOUCHBACK UNLESS.
 - A) THERE IS A SPOT OF FIRST TOUCHING (FIELD GOAL ATTEMPT) BY THE KICKERS OUTSIDE THE RECEIVERS 20 YARD LINE, OR
 - B) THE RECEIVERS, AFTER GAINING POSSESSION, ADVANCE WITH THE BALL ON TO THE FIELD OF PLAY, OR
 - C) KICKERS RECOVER THE BALL IN THE END ZONE AFTER THE RECEIVERS TOUCH THE BALL IN THE FIELD OF PLAY.

RULING: KICKERS BALL AT SPOT OF FIRST TOUCH IN THE FIELD OF PLAY, OR
 - D) KICKERS RECOVER BALL IN END ZONE AFTER RECEIVERS TOUCH THE BALL IN THE END ZONE.

RULING: KICKING TEAM'S BALL ON THE ONE YARD LINE.
3. IN PUNT RUSHING SITUATIONS, THE DEFENSIVE TEAM MAY TIME ITS BLOCK ON THE CENTER'S BUTT OR MOVEMENT, BUT IF OFFSIDES, THE BURDEN WILL BE ON THE DEFENSE.
4. RUNNING INTO OR ROUGHING THE KICKER
 - A) AVOIDING THE PUNTER IS THE PRIMARY RESPONSIBILITY OF THE DEFENSIVE PLAYERS IF THEY DO NOT TOUCH THE KICK.
 - B) ANY CONTACT WITH THE KICKER BY A DEFENSIVE PLAYER WHO HAS NOT TOUCHED THE KICK IS RUNNING INTO THE KICKER.
 - C) ANY UNNECESSARY ROUGHNESS COMMITTED BY THE DEFENSIVE PLAYERS IS ROUGHING THE KICKER

PENALTY: FOR RUNNING INTO THE KICKER - LOSS OF 5 YARDS FROM PREVIOUS SPOT, 15 YARDS FOR ROUGHING THE KICKER AND ALSO DISQUALIFICATION WHEN FLAGRANT.
5. RUNNING INTO THE KICKER - NO DEFENSIVE PLAYER MAY RUN INTO OR ROUGH THE KICKER WHO KICKS FROM BEHIND THE L.O.S. UNLESS SUCH CONTACT:
 - A) IS INCIDENTAL TO AND AFTER HE HAS TOUCHED THE KICK IN FLIGHT,
 - B) IS CAUSED BY THE KICKERS OWN MOTIONS,
 - C) OCCURS DURING A QUICK KICK,
 - D) OCCURS DURING A KICK AFTER A RUN HAS BEEN ATTEMPTED,
 - E) OCCURS AFTER THE KICKER RECOVERS A LOOSE BALL ON THE GROUND (FUMBLED SNAP).
 - F) BEING BLOCKED INTO THE PUNTER OR SNAP HITS THE GROUND.

MAKE SOMETHING HAPPEN

SCORE - BLOCK A PUNT - EXTRA EFFORT.

COACHING POINTS IN BLOCKING PUNTS

THE PRIMARY OBJECTIVE OF THE PUNT BLOCKING TEAM IS PUT EXTREME PRESSURE ON THE SNAPPER AND PUNTER. THEY MUST FEEL "IF I MAKE JUST ONE MISTAKE, THE KICK WILL BE BLOCKED". WE, OF COURSE, WILL NOT BLOCK EVERY PUNT, BUT IF WE KEEP EXTREME PRESSURE ON THE PUNTER, YOU WILL BE SURPRISED AT THE EFFECT YOUR RUSH WILL HAVE ON A GOOD PUNTER.

PROPER RUSH ANGLES ARE OF EXTREME IMPORTANCE IN OUR PUNT BLOCK. THE OUTSIDE RUSHERS MUST TAKE THE PROPER AIMING POINT SIX YARDS FROM PUNTER'S ALIGNMENT OR ONE AND ONE-HALF YARDS FROM PUNTER'S FOOT AT ACTUAL "PUNT CONTACT". INSIDE RUSHERS MUST TAKE AN ANGLE TO AVOID CONTACT WITH THE PUNTER. ALIGN WHERE YOU CAN SEE THE BALL.

1. GET OFF ON THE BALL - DON'T BE OFFSIDES. CHECK ALIGNMENT - TIME IT UP ON CENTER'S MOVEMENT. THIS MAY VARY DEPENDING ON THE PUNTER.
2. AIMING POINT 6 YARDS IN FRONT OF PUNTER'S ALIGNMENT OR 1½ YARDS IN FRONT OF PUNTER'S FOOT AT "PUNT CONTACT".
3. DON'T ROUGH THE KICKER.
4. "HOT" - ANY PARTIALLY BLOCKED PUNT THAT CROSSES THE L.O.S.
5. ON A FOURTH DOWN BLOCKED PUNT THAT DOESN'T CROSS THE L.O.S., SCOOP IT, IF WE FUMBLE, IT IS OUR BALL ANYWAY.
6. A THIRD DOWN BLOCKED PUNT THAT DOES NOT CROSS THE L.O.S. - FALL ON IT, GAIN POSSESSION.
7. IF YOU DON'T BLOCK THE KICK, DO EVERYTHING IN YOUR POWER TO AVOID THE PUNTER.
8. IN BLOCKING A PUNT, YOU MUST EXTEND YOUR HANDS, ARMS, AND BODY AT 45° ANGLE TO THE GROUND. NOT STRAIGHT UP IN THE AIR.
9. IF THE PUNTER DROPS THE SNAP AND ATTEMPTS TO RUN, OR THE BALL HITS THE GROUND, THERE IS NOT A ROUGHING THE PUNTER PENALTY. GO AFTER HIM JUST AS YOU WOULD ANY BALL CARRIER.
10. ON ALL PUNT BLOCKS - AUTOMATIC RETURN RIGHT.
11. NORMALLY THERE WILL BE NO PUNT RETURN OR PUNT BLOCK FROM OUR 40 YARD LINE ON IN. EMPLOY A SAFE RETURN OR DEFENSE STAYS.

BLOCKING A KICK IS A MATTER OF INDIVIDUAL DESIRE. A BLOCKED PUNT USUALLY RESULTS IN A TOUCHDOWN.

FOUR OBJECTIVES OF A PUNT BLOCK

- A) BLOCK THE KICK AND SCORE.
- B) CAUSE A SHORT OR SHANKED PUNT.
- C) CAUSE A HURRIED LOW PUNT THAT CAN BE RETURNED.
- D) GET AS MUCH AS WE CAN OUT OF THE RETURN.

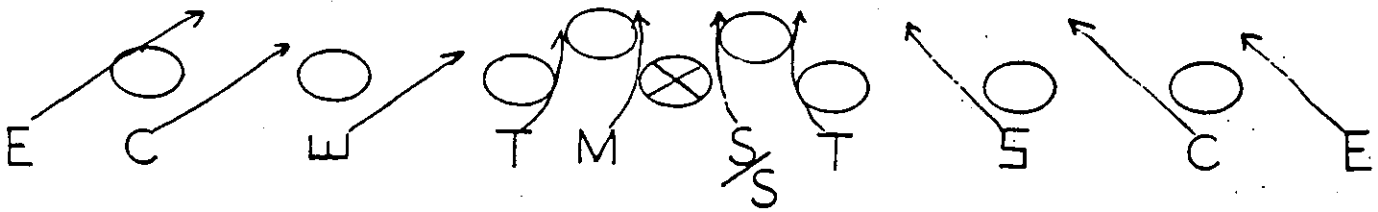
ESSENTIALS OF A GOOD PUNT BLOCK

1. HAVE CONTAIN.
2. COVER ALL RECEIVERS
3. BE IN THE PROPER ALIGNMENT FOR STANCE AND TAKE OFF. 60/40 STANCE
4. KEY AND GET OFF ON THE SNAP.
5. DRIVE THROUGH YOUR ASSIGNED AREA LOW AND HARD.
6. ADJUST TO YOUR BLOCKING ANGLE AS SOON AS YOU GAIN PENETRATION.
7. DRIVE THE BALL BACK AWAY FROM THE LINE OF SCRIMMAGE.
8. WHEN POSSIBLE WE WILL HAVE AT LEAST A ONE MAN HOLD UP THE HAWKS TO MAXIMIZE OUR RETURN POTENTIAL.

PUNT BLOCKS

WE WILL EXECUTE OUR PUNT BLOCKS FROM THE SAME ALIGNMENTS AS PUNT RETURNS. THIS WILL ENHANCE THE OPPORTUNITIES IN BOTH AREAS.

1. SEQUENCE OF THE PUNT BLOCK CALL - THE ELEMENTS OF A BLOCK CALL INCLUDE:
 - A) NUMBER OF RUSHERS - NUMBER OF MEN ON OR NEAR THE LINE OF SCRIMMAGE.
 - B) ALIGNMENT: BALANCED (THIS WILL BE AUTOMATIC UNLESS OTHERWISE DESIGNATED) "LOAD RIGHT" OR "LOAD LEFT" CALL DESIGNATING SIX OR MORE MEN ON ONE SIDE OF THE CENTER.
 - C) DIRECTION AND TYPE OF BLOCK -
EXAMPLE: "10 MAN BLOCK" (LEFT AND RIGHT)
"9 MAN LOAD BLOCK LEFT"
 - D) "BLOCK" INDICATED PUNT BLOCK IS THE CALL AND THE RETURN IS THE SECONDARY RESPONSIBILITY.
C.P.: ALL BLOCKS WILL BE AN AUTOMATIC RETURN RIGHT.
 - E) IF WE HAVE ONLY ONE BLOCK IN GAME PLAN - WE NEED ONLY CALL "BLOCK".



SPECIFIC BLOCKS WILL BE DESIGNED WEEK TO WEEK ACCORDING TO THE PROTECTION SCHEME.

SOME OF THE ELEMENTS WE WILL INCLUDE WHEN POSSIBLE ARE:

- 1) MAN ASSIGNED TO OCCUPY FULLBACK CUT HIM TO PREVENT SECONDARY ASSISTANCE.
- 2) EMPLOY TWIST TECHNIQUES.
- 3) HOLD UP HAWKS TO AID IN RETURN.

S

ENDS: ALIGN TWO YARDS OUTSIDE THE END FACING IN AT A 45 ANGLE, USING A 60/40 STANCE. KEY THE CENTER'S SNAP. DRIVE OFF YOUR FRONT FOOT SIMILAR TO A SPRINTER COMING OUT OF THE BLOCKS IN A 100 YARD DASH. AS YOU EXPLODE OUT OF YOUR STANCE, CONCENTRATE ON THE BLOCKING POINT. IF THE FULLBACK DOESN'T BLOCK YOU, BLOCK THE PUNT. IF THE FULLBACK ATTEMPTS TO BLOCK YOU, COME UNDER CONTROL AND CONTAIN THE PUNTER.

CORNERS: (IF END OUT, GO WITH HIM) ALIGN ON THE END, ATTACK END TACKLE GAP USING A 60/40 STANCE. KEY THE CENTER'S SNAP. CHARGE HARD AND LOW THROUGH THE OUTSIDE SHOULDER OF THE TACKLE. ATTACK THE FULLBACK, IF HE BLOCKS OUTSIDE, BLOCK THE KICK.

SAM AND WILL: ALIGN ON TACKLE, ATTACK TACKLE GAP USING A 60/40 STANCE. KEY THE CENTER'S SNAP. CHARGE HARD AND LOW THROUGH THE OUTSIDE SHOULDER OF THE GUARD. ATTACK THE FULLBACK, IF HE BLOCKS OUTSIDE, BLOCK THE KICK.

TACKLES: ALIGN ON #2, ATTACK GUARD UP BACK GAP USING A 60/40 STANCE. KEY THE CENTER'S SNAP. CHARGE HARD AND LOW THROUGH THE INSIDE SHOULDER OF THE GUARD. ATTACK THE FULLBACK, IF HE BLOCKS OUTSIDE, BLOCK THE KICK.

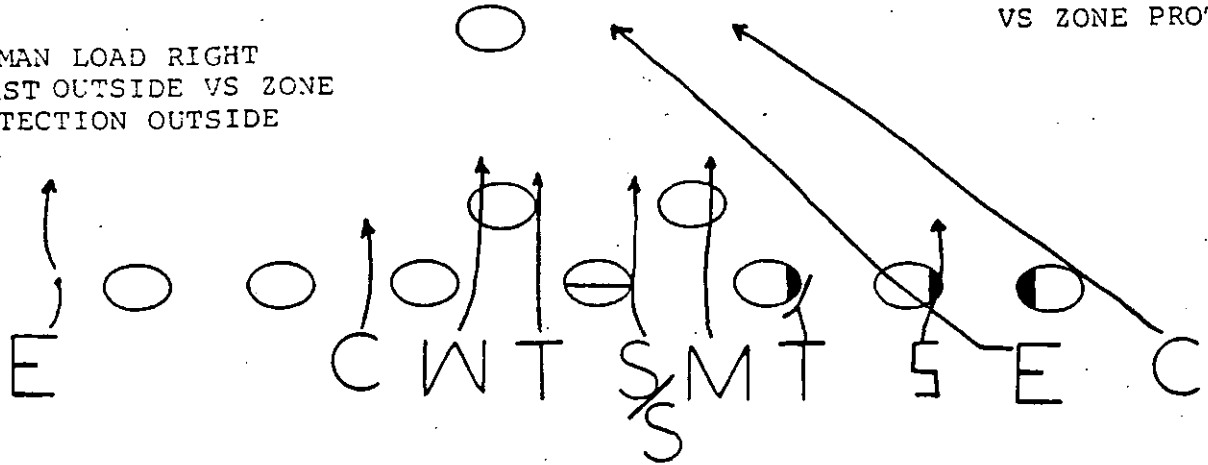
MIKE AND SHORT SAFETY: ALIGN ON UPBACKS, ATTACK UPBACK CENTER GAP USING A 60/40 STANCE. KEY THE CENTER'S SNAP. CHARGE HARD AND LOW. ATTACK THE FULLBACK, IF HE BLOCKS OUTSIDE, BLOCK THE KICK.

SAFETY: HANDLE ALL PUNTS. ALIGN SLIGHTLY CLOSER TO L.O.S. THAN NORMAL. THE PUNT MAY NOT HAVE GREAT DISTANCE. BE CONSCIOUS OF A FAIR CATCH AUTOMATIC RETURN RIGHT. PROTECT THE BALL, GET ALL YOU CAN.

VARIOUS BLOCKS USED.

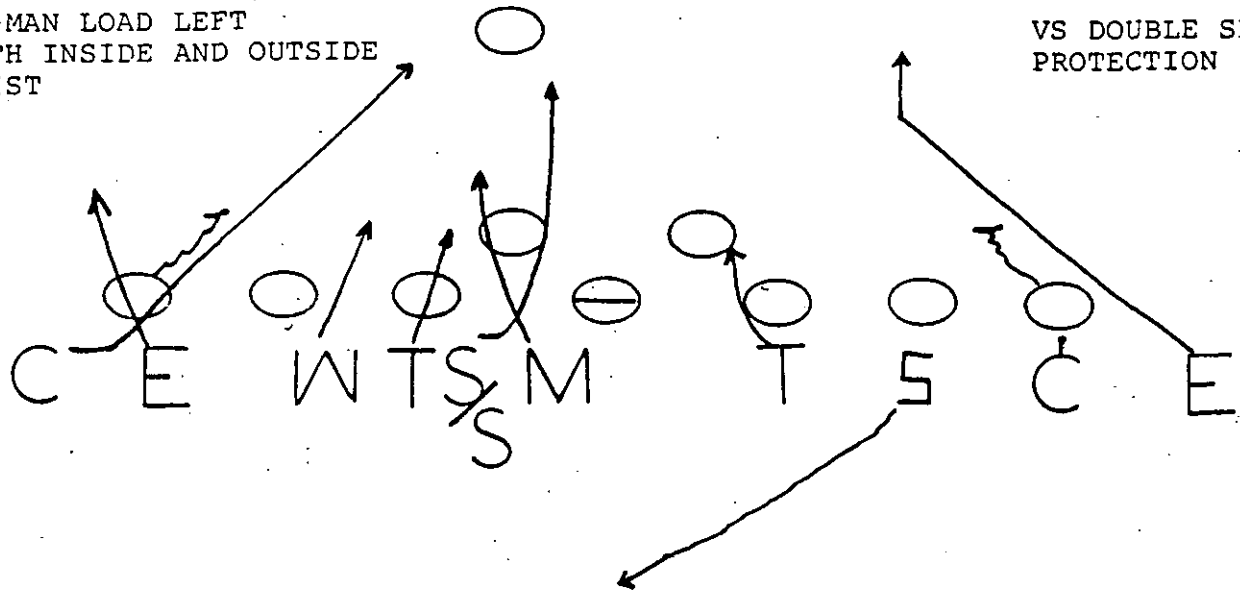
10-MAN LOAD RIGHT
TWIST OUTSIDE VS ZONE
PROTECTION OUTSIDE

VS ZONE PROTECTION



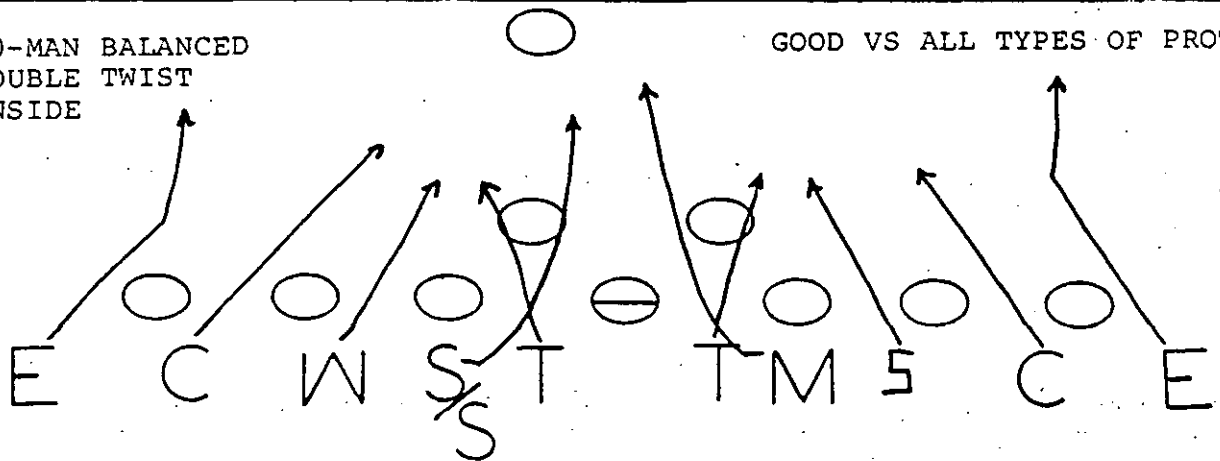
10-MAN LOAD LEFT
WITH INSIDE AND OUTSIDE
TWIST

VS DOUBLE SIFT
PROTECTION



10-MAN BALANCED
DOUBLE TWIST
INSIDE

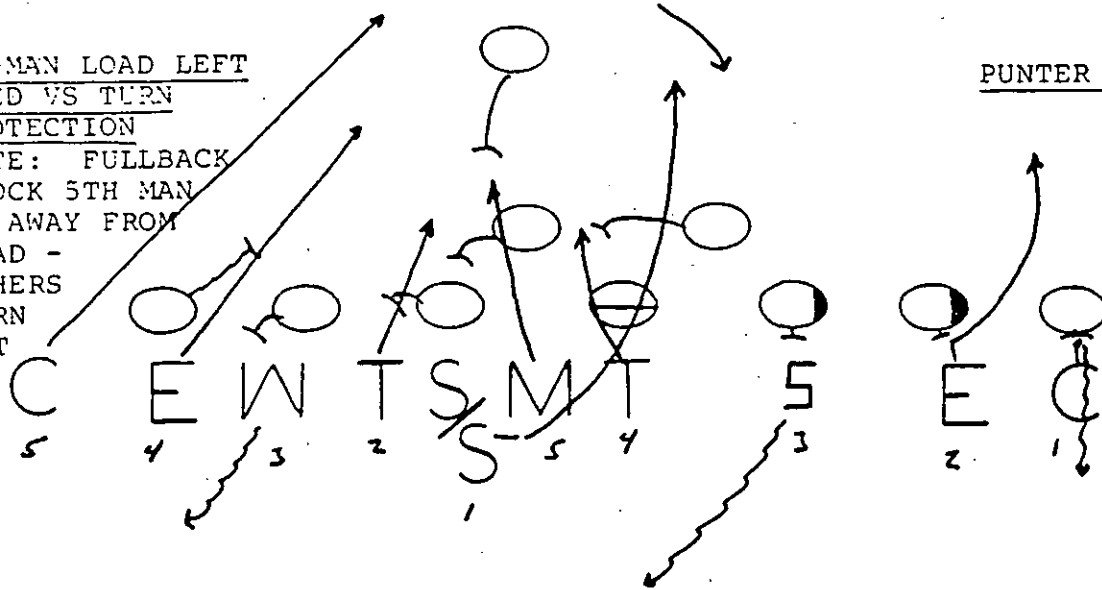
GOOD VS ALL TYPES OF PROTECTIONS



VARIOUS BLOCKS USED

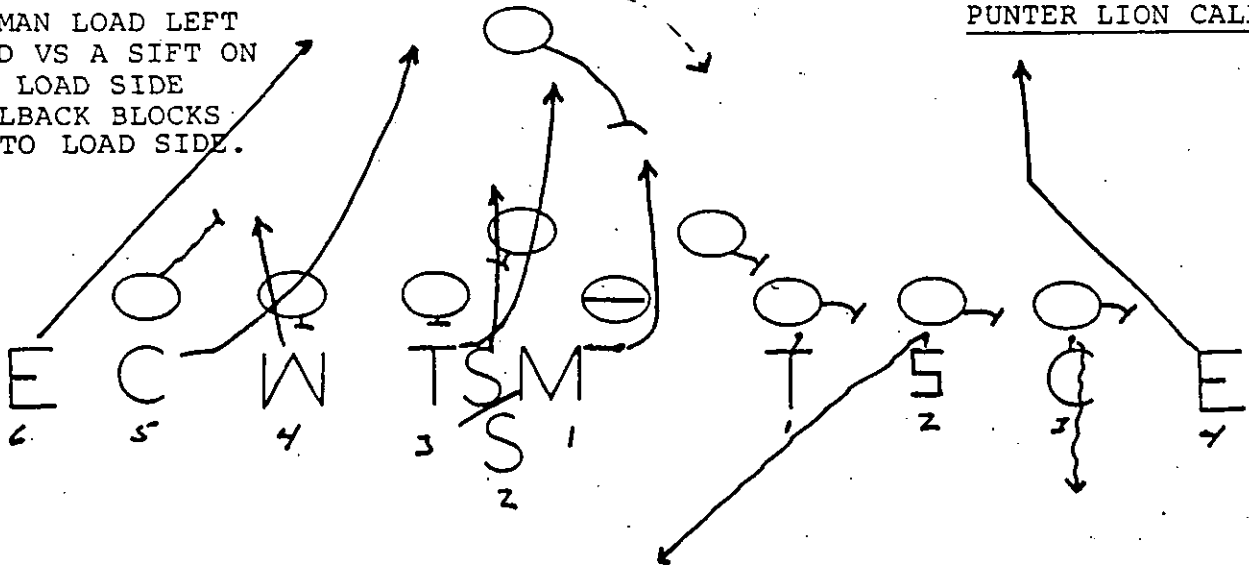
10-MAN LOAD LEFT USED VS TURN PROTECTION

NOTE: FULLBACK
BLOCK 5TH MAN
IN AWAY FROM
LOAD -
OTHERS
TURN
OUT



PUNTER LION CALL

10-MAN LOAD LEFT
USED VS A SIFT ON
THE LOAD SIDE
FULLBACK BLOCKS
#1 TO LOAD SIDE.

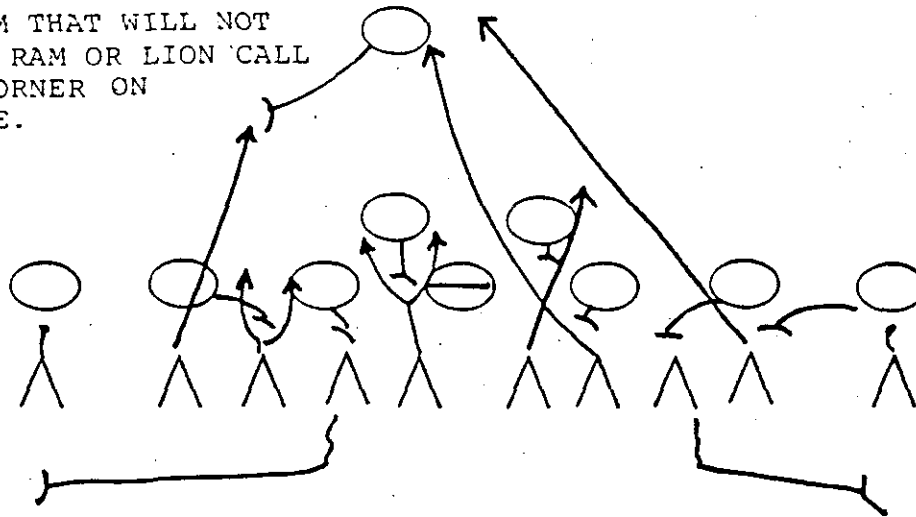


PUNTER LION CALL

VARIOUS BLOCKS USED

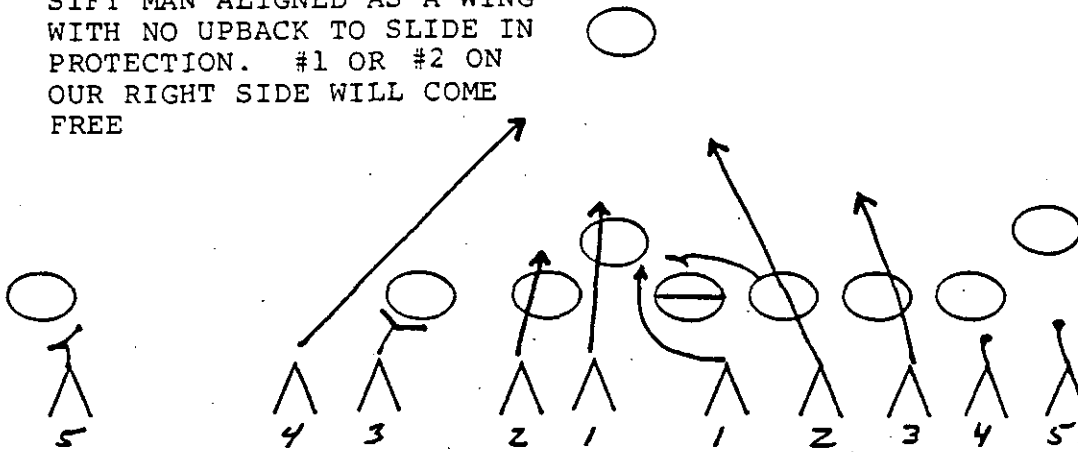
USED VS. MAN PROTECTION
VS. A TEAM THAT WILL NOT
SIFT ON A RAM OR LION CALL
FREEING CORNER ON
RIGHT SIDE.

VS. MAN PROTECTION



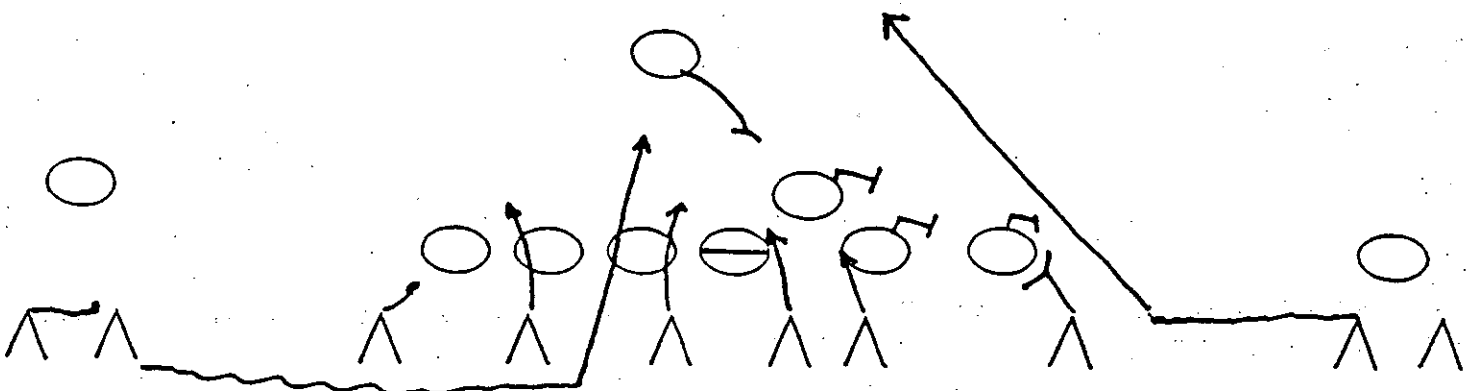
VS. MAN PROTECTION WITH THE
SIFT MAN ALIGNED AS A WING
WITH NO UPBACK TO SLIDE IN
PROTECTION. #1 OR #2 ON
OUR RIGHT SIDE WILL COME
FREE

VS. MAN PROTECTION



VS. AN OPEN SET WITH TURN
PROTECTION - THE LATE STACK
MAN WILL COME FREE

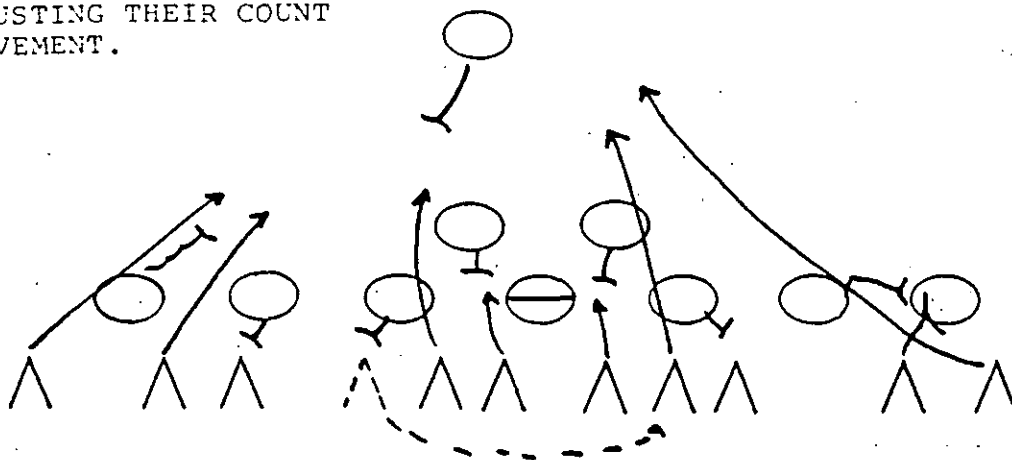
VS. TURN PROTECTION



VARIOUS BLOCKS USED

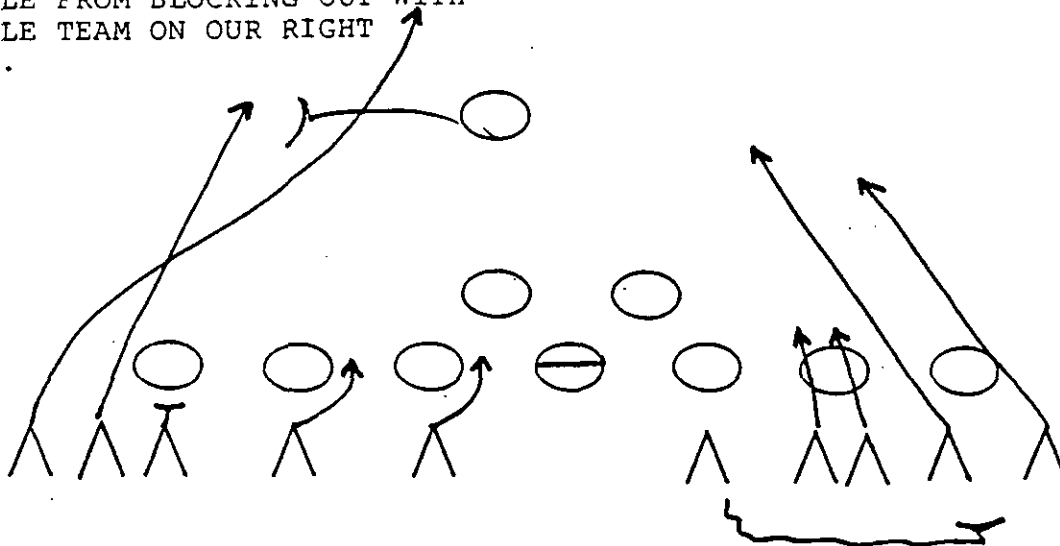
USED VS. TEAMS WHO USE MAN PROTECTION
AND HAVE A DIFFICULT TIME IN
READJUSTING THEIR COUNT
ON MOVEMENT.

VS. MAN PROTECTION



USED VS. ZONE PROTECTION WITH AN
OUTSIDE TWIST ON FB - ALSO PREVENTING
TACKLE FROM BLOCKING OUT WITH
DOUBLE TEAM ON OUR RIGHT
SIDE.

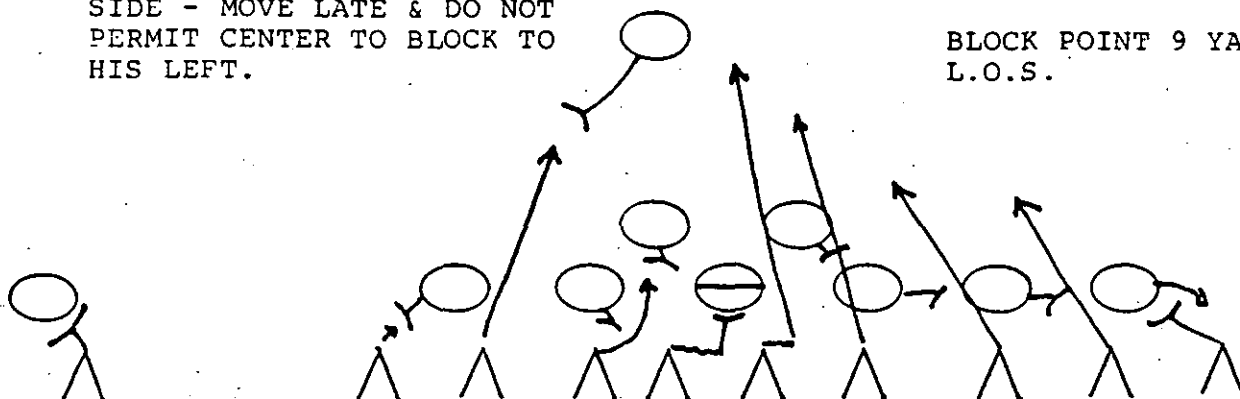
VS. ZONE PROTECTION



USED VS. MAN PROTECTION -
VS. 10 MAN BALANCED CENTER WILL
BLOCK #1 IN HIS LEFT GAP TO
PREVENT A SIFT ON THEIR LEFT
SIDE - MOVE LATE & DO NOT
PERMIT CENTER TO BLOCK TO
HIS LEFT.

VS. MAN PROTECTION

BLOCK POINT 9 YARDS FROM
L.O.S.

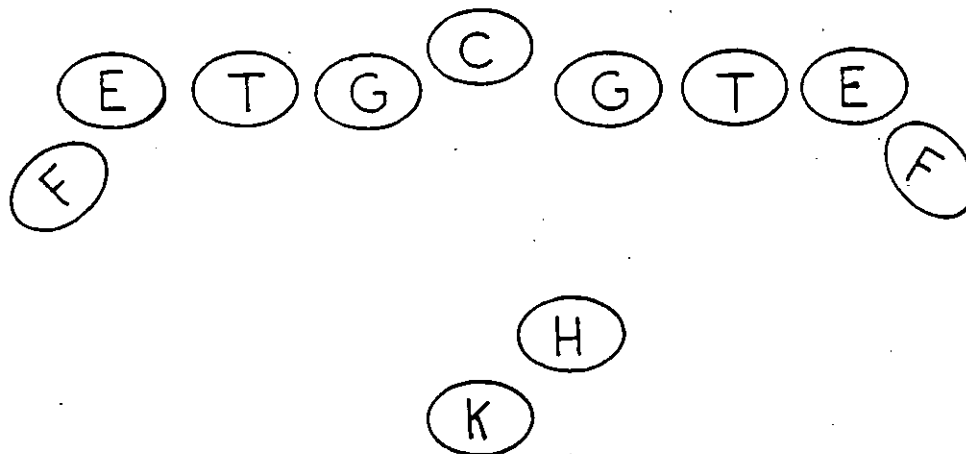
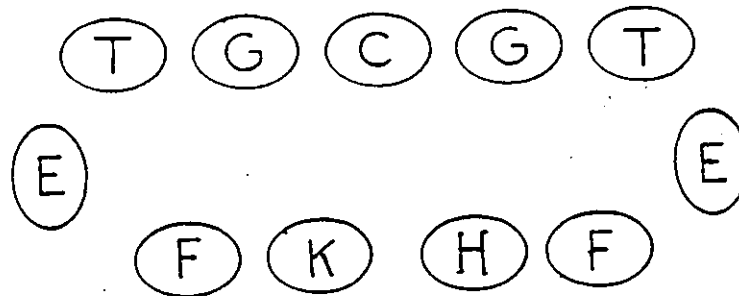


BASIC RULES PERTAINING TO FIELD GOALS AND P.A.T.S

1. ALL FIELD GOALS ATTEMPTED AND MISSED FROM A SCRIMMAGE LINE BEYOND THE 20 YARD LINE WILL RESULT IN THE DEFENSIVE TEAM TAKING POSSESSION OF THE BALL AT THE L.O.S. ON ANY FIELD GOAL ATTEMPTED AND MISSED FROM SCRIMMAGE INSIDE THE 20 YARD LINE, THE BALL WILL REVERT TO THE DEFENSIVE TEAM AT THE 20 YARD LINE.
 - A) EXCEPTION: IF A FIELD GOAL IS MISSED AND THE BALL IS FIRST TOUCHED OR POSSESSED BY THE RECEIVERS BEYOND THE L.O.S. IN THE FIELD OF PLAY, THE BALL WILL NOT COME BACK TO THE PREVIOUS SPOT.
2. ALL RULES FOR BLOCKED FIELD GOALS WILL BE EXACTLY THE SAME AS BLOCKED PUNTS.
3. ON A P.A.T. TRY, THE BALL BECOMES DEAD AS SOON AS ITS FAILURE IS EVIDENT.
4. COACHES MUST INSTRUCT THOSE PLAYERS WEARING NUMBERS NOT QUALIFYING THEM FOR DESIGNATED POSITIONS TO REPORT TO THE REFEREE, PRIOR TO THE HUDDLE, THEIR CHANGE IN ELIGIBILITY OR INELIGIBILITY STATUS. THIS RULE PREVAILS WHETHER A PLAYER IS ALREADY IN THE GAME OR IS AN ENTERING SUBSTITUTE AND WHETHER IT IS A PLAY FROM SCRIMMAGE, AN ATTEMPTED FIELD GOAL, OR A TRY FOR POINT AFTER TOUCHDOWN.
5. WHEN A PLAYER IS LEGALLY DESIGNATED (REFEREE INFORMED) AS BEING ELIGIBLE OR INELIGIBLE, HE MUST PARTICIPATE IN SUCH A POSITION UNTIL LEGALLY WITHDRAWN.

EXCEPTION: IF THE CHANGE IN PLAYING POSITION STATUS IS FOLLOWED BY A TOUCHDOWN OR A COMPLETED KICK FROM SCRIMMAGE (PUNT, DROPKICK OR PLACEKICK), THE SAID PLAYER MAY RETURN TO HIS ORIGINALLY ELIGIBLE OR INELIGIBLE PLAYING POSITION WITHOUT RESTRICTION. HOWEVER, IF THE KICK IS NOT COMPLETED OR A TOUCHDOWN NOT MADE, THE SAID PLAYER MUST REMAIN IN HIS NEW POSITION UNTIL LEGALLY WITHDRAWN. IF WITHDRAWN, HE IS TO RE-ENTER TO THE POSITION INDICATED BY HIS NUMBER UNLESS HE AGAIN INFORMS THE REFEREE THAT HE IS ASSUMING A POSITION OTHER THAN THAT DESIGNATED BY HIS NUMBER. PLAYER MAY REVERT TO HIS ORIGINAL POSITION PRIOR TO THE START OF THE NEXT DOWN, IF HIS TEAM CALLS A TIME OUT AND MAKES SUCH ANNOUNCEMENT TO THE REFEREE.

FIELD GOAL AND P.A.T. PROTECTION



NOTE: ONLY THE END MAN ON THE LINE OF SCRIMMAGE OR THE UPBACK WHO IS ALIGNED ONE YARD OUTSIDE THE END, CAN LEAVE BEFORE THE BALL IS KICKED. "ALERT TO FIRE CALL".

P.A.T. PROGRESSION

- A. Huddle Call BY HOLDER - "FIELD GOAL ON THE CENTER'S SNAP" - "READY BREAK". - HUDDLE AWAY FROM BALL.
- B. STANCE - ALL BLOCKERS ASSUME A TWO POINT STANCE WITH THEIR ELBOWS ON THEIR KNEES. THE HELMET IS UP AND THE EYES ON THE BALL. ON "READY SET" CALL, SHIFT TO A THREE POINT STANCE. LEFT SIDE PEOPLE USE RIGHT HAND DOWN. RIGHT SIDE PEOPLE USE LEFT HAND DOWN, (INSIDE HAND DOWN).
- C. ALIGNMENT - ALIGN WITH THE OUTSIDE TOE EVEN WITH THE HEEL OF THE CENTER. PLACE YOUR INSIDE FOOT WITH A TOE-HEEL RELATIONSHIP TO THE OUTSIDE FOOT.
- D. CADENCE - THERE WILL BE NO CADENCE CALLED AT THE LINE OF SCRIMMAGE. THEREFORE, WHEN THE TEAM IS SET, THE HOLDER WILL CALL "READY SET". THERE WILL BE NO MOVEMENT AFTER THIS CALL.
- E. THE BALL IS SNAPPED ONLY WHEN THE HOLDER HAS RAISED HIS HAND INDICATING EVERYONE IS SET. CENTER SNAP THE FOOTBALL WITHIN TWO SECONDS AFTER THE HOLDER HAS INDICATED UNIT IS SET.
- F. STEP WITH A SHORT, QUICK MOVMENT, PLACING YOUR INSIDE TOE BEHIND THE HEEL OF THE NEXT INSIDE MAN. SEE THE BALL DON'T GUESS BY DEFENSIVE MOVEMENT. END TO END SHOULD NEVER RAISE HIGHER THAN WHEN IN THREE POINT STANCE - STAY LOW AND SQUARE.

FIELD GOAL AND P.A.T. PROTECTION (Cont.)

- G. ANCHOR YOUR OUTSIDE FOOT. C.P.: NEVER MOVE IT.
- H. PUNCH HARD WITH BOTH HANDS AS YOUR FOOT HITS THE GROUND.
- I. YOUR WEIGHT SHOULD BE 60-40 ON YOUR INSIDE LEG.
- J. KEEP YOUR SHOULDERS SQUARE.
- K. HAVE YOUR EYES AND HEAD UP FOR HURDLERS.
- L. BE LOW SO YOU ARE IN A BRACED POSITION.
- M. HAVE YOUR WEIGHT OVER YOUR KNEES.
- N. EVERYONE MUST STEP AT THE EXACT SAME TIME ON THE SNAP.

ASSIGNMENTS

CENTER - THE BALL IS SNAPPED ONLY WHEN THE HOLDER HAS RAISED HIS HAND INDICATING EVERYONE IS SET. CENTER SNAP THE FOOTBALL WITHIN 2 SECONDS AFTER HOLDER HAS SIGNED THE UNIT IS SET. SNAP THE BALL ACCURATELY AND WITH "ZIP", THEN "SET" AND BRACE YOURSELF. DO NOT PERMIT A MAN TO PULL YOU IN ORDER TO CREATE A LANE TO BLOCK THE KICK. BE SOLID AND HOLD YOUR GROUND. STAY SQUARE TO THE L.O.S. FOCUS ON A PRECISE SPOT AS A TARGET FOR YOUR SNAP. C.P. HOLDER'S FRONT HAND SHOULD PRESENT AN EXCELLENT TARGET.

BOTH GUARDS, TACKLES, AND ENDS - SET, STEP WITH YOUR INSIDE FOOT AND BRACE. PUNCH HARD WITH BOTH HANDS AS YOUR FOOT HITS THE GROUND. DO NOT MOVE SO FAR INSIDE THAT YOU MAKE IT DIFFICULT FOR THE MAN OUTSIDE OF YOU. DO NOT ALLOW A MAN TO PULL YOU IN ORDER TO ESTABLISH A LANE TO BLOCK THE KICK BY A BLITZER. STAY LOW AND SQUARE AND ANCHOR YOUR OUTSIDE FOOT.

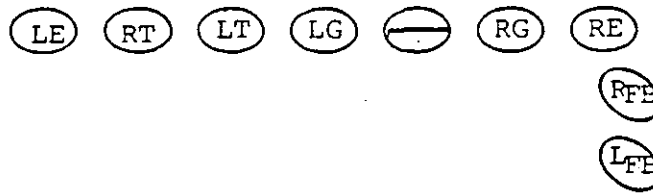
FULLBACKS - TAKE A POSITION FACING OUTWARD, SO THAT THE END'S OUTSIDE FOOT WILL FORM A WALL WITH YOUR INSIDE FOOT. YOU ARE RESPONSIBLE FOR YOUR INSIDE FIRST. ON SNAP SHUFFLE STEP TO GAIN DEPTH OFF L.O.S. THIS WILL PROVIDE TIME TO READ THE RUSH, PLUS CUT DOWN THE ANGLE OF THE OUTSIDE RUSHER. PROTECT INSIDE GAP FIRST. BY RULE WE ARE ABLE TO PUNCH WITH OUR HANDS SO LET'S DO SO. PUNCH INSIDE MAN FIRST, OUTSIDE MAN SECOND.

HOLDER - ALWAYS WORK WITH THE SAME KICKER AND SNAPPER. YOU ARE JUST AS RESPONSIBLE FOR A GOOD KICK AS THE KICKER. BE CERTAIN YOU ARE SEVEN YARDS DEEP. KNOW WHERE TO LINE UP ON ANGLES ON FIELD GOALS. GENERALLY, NO WIDER THAN YOUR GUARD. KNOW YOUR KICKER. YOU CALL THE CADENCE, AFTER YOU HAVE CHECKED WITH THE KICKER THAT HE IS READY AND THE FULL UNIT IS ON THE FIELD - PLACE YOUR HANDS ON THE SPOT. AFTER "READY SET" CALL, RAISE YOUR FRONT HAND, AFTER EVERYONE IS SET, INDICATING THE SNAP CAN BE MADE.

COACHING POINTS - P.A.T. AND F.G. PROTECTION

1. THE NUMBER ONE CARDINAL SIN OF A P.A.T. AND F.G. TEAM WOULD BE AN OFFSIDES PENALTY. SIT TIGHT AND READ THE BALL..
2. OUR CENTER, HOLDER, AND KICKER MUST WORK AS A UNIT. STRIVE FOR PERFECTION.
3. PLAYERS ALIGNED OUT OF POSITION BY NUMBER, REPORT TO REFEREE. C.P.: BEFORE ENTERING HUDDLE.
4. HOLDER AND OTHER MEMBERS OF THE UNIT CHECK TO SEE THAT WE HAVE 11 MEN ON THE FIELD. IF WE DO NOT HAVE 11, HOLDER USE DISCRETION IN TAKING TIME OUT. A PENALTY MAY NOT MAKE A GREAT DIFFERENCE. C.P.- CHECK YOUR COUNTERPART.
5. BE ALERT FOR AUDIBLES.
6. BE ALERT FOR A "FIRE" CALL. C.P.- THIS CALL IS USED ON A POOR OR MISHANDLED SNAP THAT INDICATES WE WILL ATTEMPT A PASS.
7. ON FIELD GOAL ATTEMPTS - COVER.
8. YOU ARE RESPONSIBLE TO CHECK WITH THE TRAINER, ALERT THE SPECIAL TEAMS COACH, AND YOUR SUBSTITUTE IN THE EVENT YOU CANNOT PARTICIPATE. NEVER SUBSTITUTE YOURSELF WITHOUT DIRECT PERMISSION FROM THE HEAD COACH.
9. BE ALERT AND READY TO GO FOR A FIELD GOAL ATTEMPT ANY TIME THE BALL IS INSIDE OUR OPPONENT'S 45 YARD LINE. C.P.- KICKER COMPLETE WARMUPS AND CONFER WITH HEAD COACH PRIOR TO ATTEMPT.
10. IT IS POSSIBLE, WE MAY WANT TO PUNT OUT OF BOUNDS FROM A FIELD GOAL FORMATION TO PREVENT A RETURN.

UNBALANCED FIELD GOAL PROTECTION



BOTH FULLBACKS ALIGN ON THE RIGHT SIDE. THE FIRST FULLBACK ALIGNS AT A 45° ANGLE SPLITTING THE OUTSIDE LEG OF THE R.E. PROTECTING THEIR SIDE GAP. THE SECOND FULLBACK ALIGNS AT A 45° ANGLE SPLITTING THE OUTSIDE LEG OF THE FIRST FULLBACK PROTECTION THE INSIDE GAP.

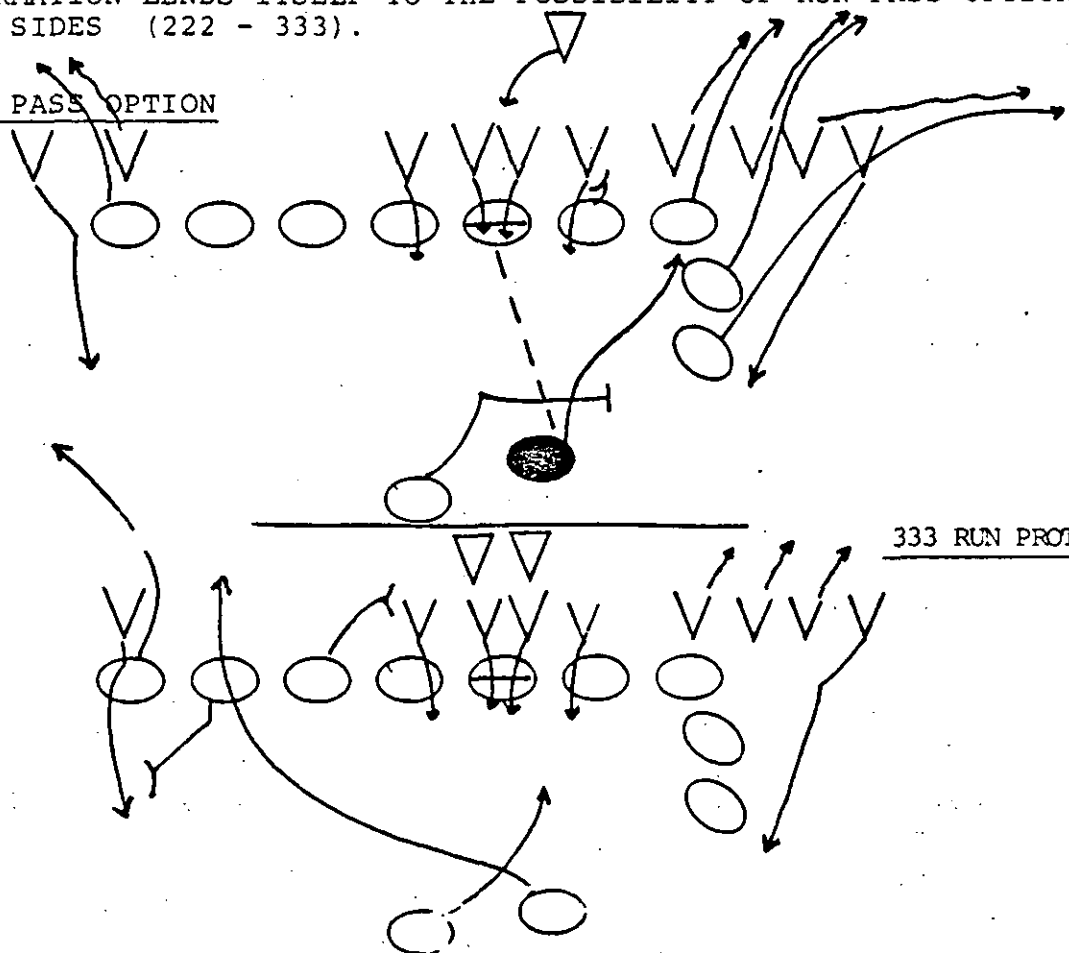
THE RIGHT TACKLE ALIGNS OUTSIDE THE LEFT TACKLE AND THE L.E. ALIGNS ON THE L.O.S. PROVIDING WIDTH IN ALIGNMENT ON THE LEFT SIDE.

THE HOLDER WILL ALIGN SO THE SPOT OF THE KICK WILL BE IN LINE ON THE RIGHT HEEL OF THE CENTER.

THIS ALIGNMENT SO AFFECTS THE DEFENSE THAT THEY FIRST MUST DEFEND THE ELIGIBLES AND PROHIBITS OUR OPPONENT FROM EMPLOYING THEIR MOST EFFECTIVE FIELD GOAL BLOCKING SCHEMES.

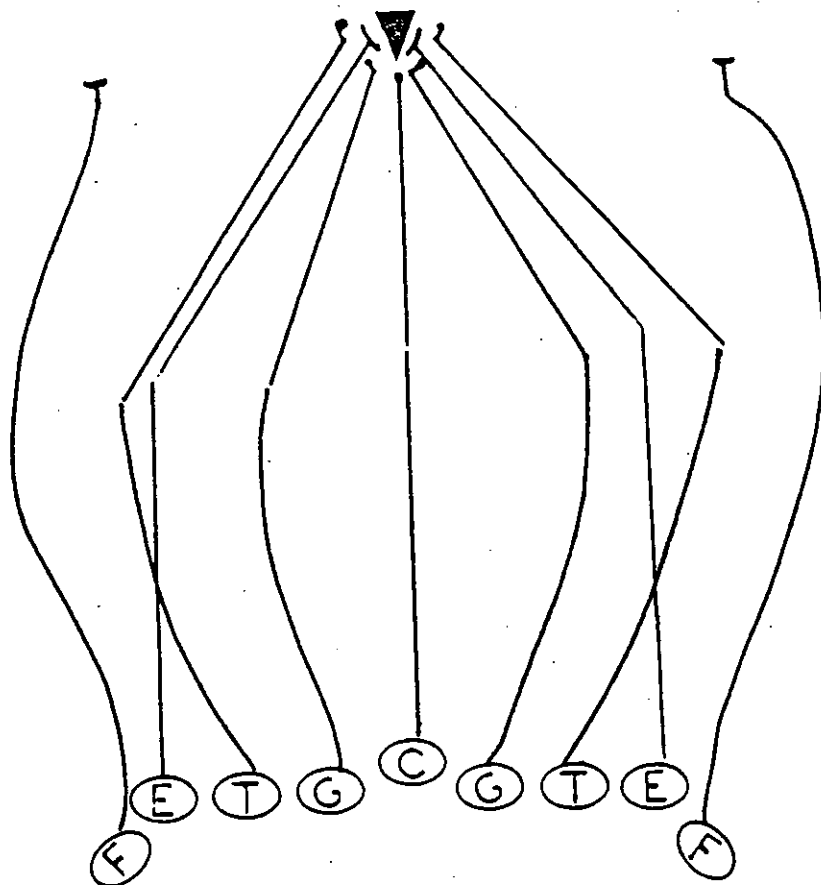
THIS FORMATION LENDS ITSELF TO THE POSSIBILITY OF RUN PASS OPTIONS TO BOTH SIDES (222 - 333).

222 RUN PASS OPTION



333 RUN PROTECTION

FIELD GOAL PROTECTION COVERAGE DIAGRAM



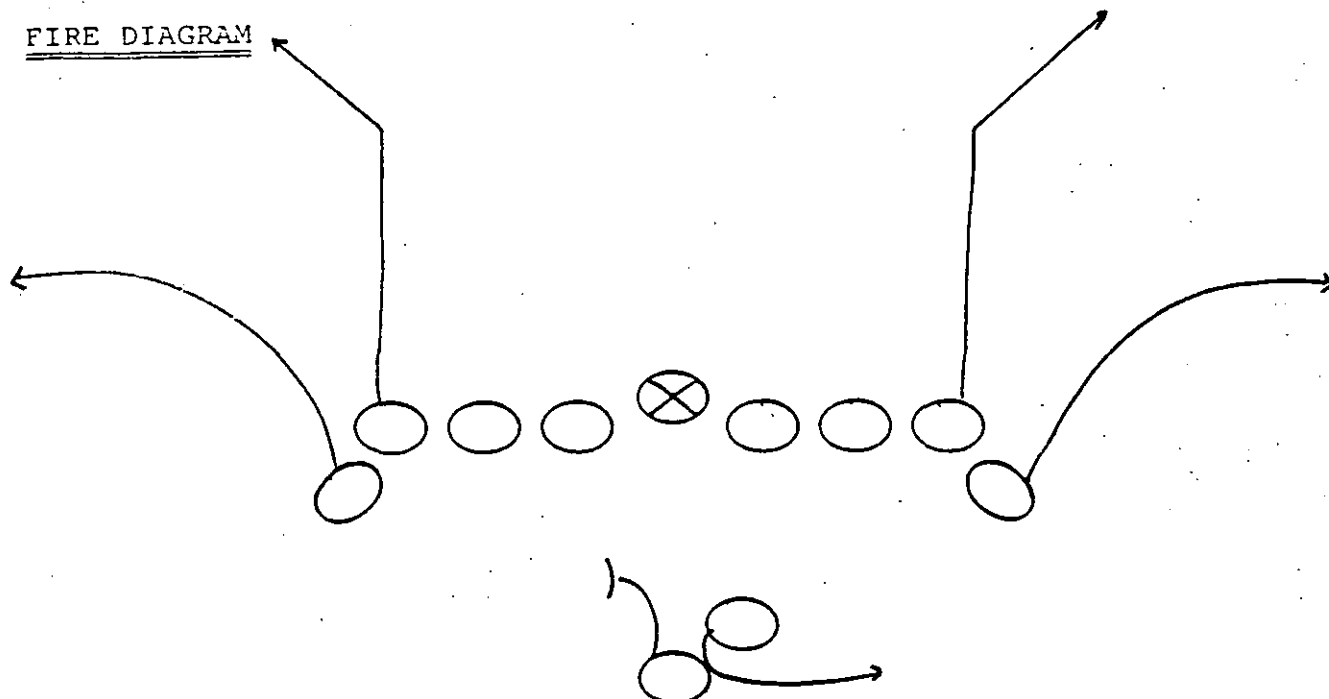
FIELD GOAL MECHANICS

(K) (H)

1. Huddle Call - "FIELD GOAL ON THE CENTER'S SNAP, READY BREAK"; OR "FIELD GOAL ON THE CENTER'S SNAP, SHIFT, READY, BREAK"
2. Shift Principle - WHEN KICKING THE BALL ON THE 4TH DOWN, WITH 5 YARDS OR LESS TO GO, THE FRONT LINE MOVE FROM A 2 POINT STANCE UP AND DOWN BACK TO THE 3 POINT STANCE ON THE HOLDER'S CADENCE OF "READY SET" COMMAND.
3. Cadence - SAME AS P.A.T. (NOTE) WHEN TIME IS EXPIRING, UTILIZE "DOWN" CALL. COME QUICKLY TO THE LINE OF SCRIMMAGE AND ASSUME A "DOWN" POSITION.
4. "Down Call" - IF TIME IS EXPIRING, THIS INDICATES WE WILL ALIGN ON THE BALL IN A DOWN POSITION READY FOR THE SNAP AND KICK. WHEN HOLDER SEES ALL ARE READY, HE EXTENDS HIS FRONT HAND INDICATING EVERYONE IS SET - CENTER EXECUTE THE SNAP. C.P.- REMIND ONE ANOTHER OF DOWN POSITION, TO AVOID A PENALTY.
5. Assignments - SAME AS P.A.T.
6. Coverage - FIELD GOALS KICKED FROM BEYOND OUR 25 YARD LINE SHOULD BE COVERED IN THE MANNER DIAGRAMED ABOVE. REMEMBER, PROTECTION IS FIRST. DON'T LEAVE UNTIL AFTER THE THUD.

"FIRE CALL" CALLED ANY TIME THE BALL IS MISHANDLED, OR THE KICK IS NOT POSSIBLE.

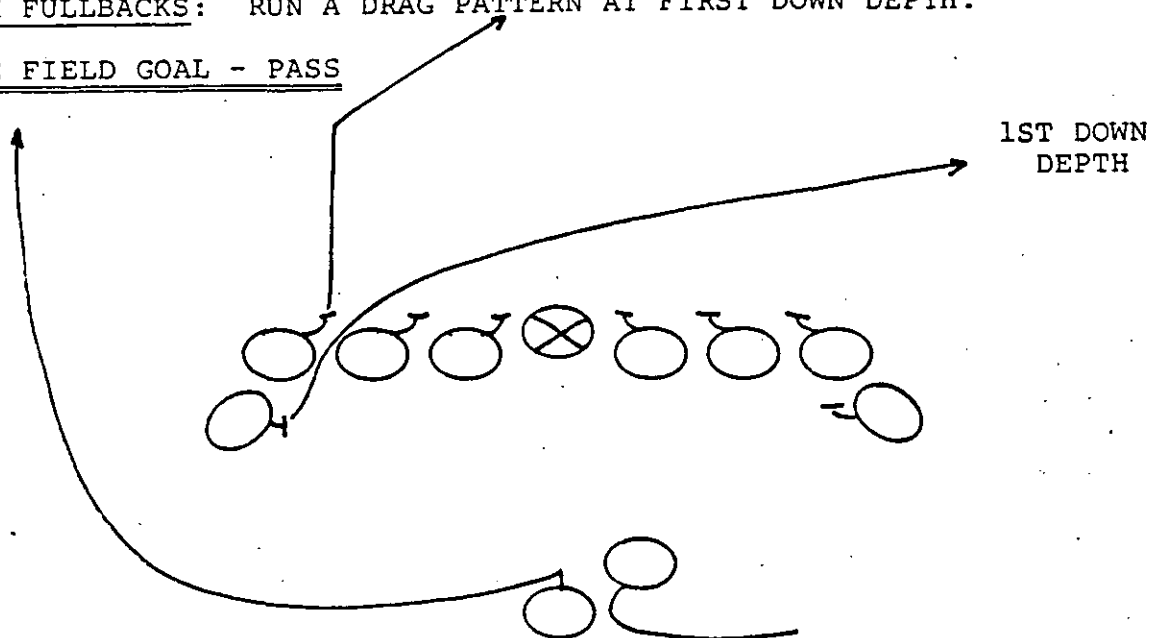
FIRE DIAGRAM



BOTH ENDS: RELEASE ON THE CALL "FIRE" AND RUN A CORNER PATTERN 16-18 YARDS.

BOTH FULLBACKS: RUN A DRAG PATTERN AT FIRST DOWN DEPTH.

FAKE FIELD GOAL - PASS



LEFT END: BLOCK THE RIGHT GAP, HOLD ONE COUNT, AND HEAD FOR THE GOAL POST.

LEFT FB: BLOCK THE RIGHT GAP, HOLD ONE COUNT, AND RELEASE FOR OPPOSITE FLAT AT FIRST DOWN DEPTH.

LT-LG-C: BLOCK RIGHT GAP.

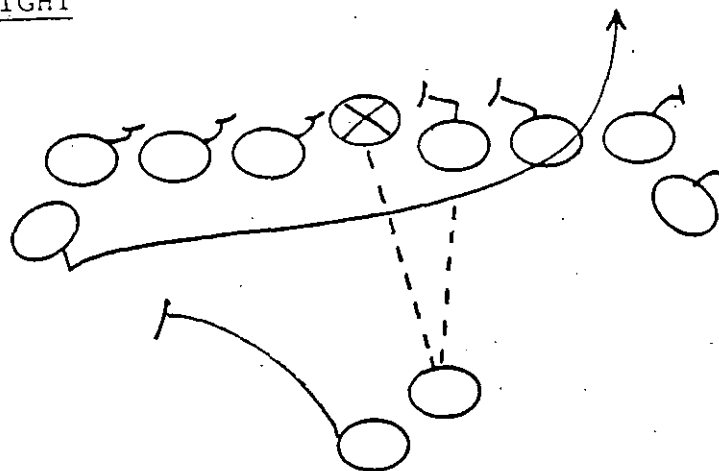
RG-RT-RE: STEP DOWN AND BLOCK INSIDE SEAM.

RFB: BLOCK INSIDE GAP.

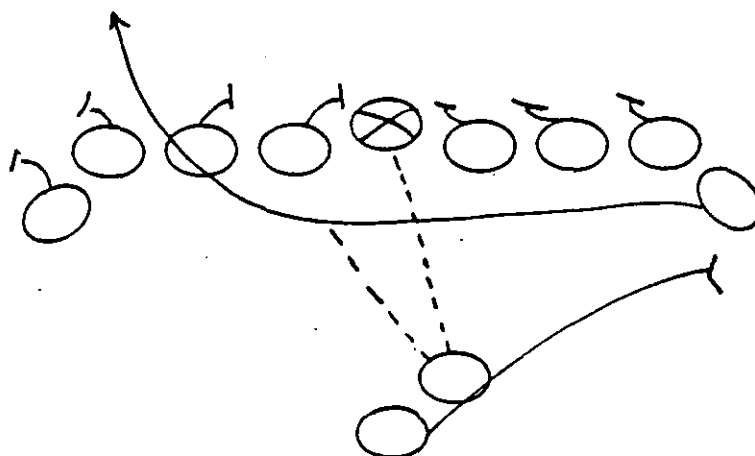
HOLDER: CATCH THE BALL, START TO PUT IT DOWN, GET UP AND MOVE TO A DEPTH OF 10 YARDS TO YOUR RIGHT. LOOK FOR THE (1) LEFT END (2) LEFT FULLBACK AND THEN (3) THE KICKER.

KICKER: STEP AT THE BALL THEN SWING WIDE LEFT. LOOK OVER INSIDE SHOULDER FOR THE FOOTBALL.

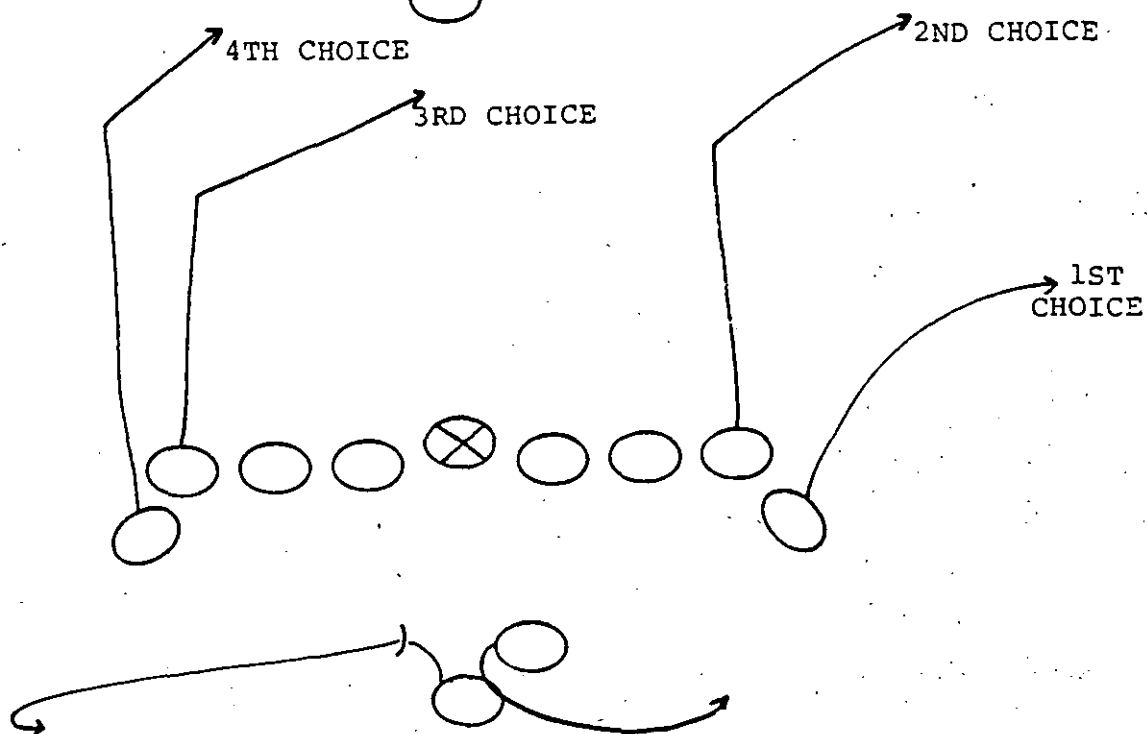
SHUFFLE PASS RIGHT



SHUFFLE PASS LEFT



PASS RIGHT



FAKE FIELD GOAL (BALANCED FORMATION)

THIS FAKE WILL BE MOST EFFECTIVE VS. ONE OR TWO LEAPERS - WITH THIS TYPE OF BLOCK THEY MAY PRESENT A VULNERABLE AREA AT ONE OF THE CORNERS. THE 4 DOWN LINEMEN ON THE CENTER AND GUARDS WILL USE A ROOT HOG TECHNIQUE IN ATTEMPTING TO CREATE A NEW L.O.S.

THE POINT OF ATTACK WILL BE DETERMINED BY THE CALL OF THE HOLDER.

RIGHT - "222 - READY SET"

LEFT - "333 - READY SET"

THE FAKE IS OFF AND WE WILL ATTEMPT THE FIELD GOAL - "999 - READY SET".

HOLDER FIRST DETERMINES THE SIDE OF THE FAKE - ATTACK THE CORNER INSIDE THE TACKLES KICKOUT BLOCK.

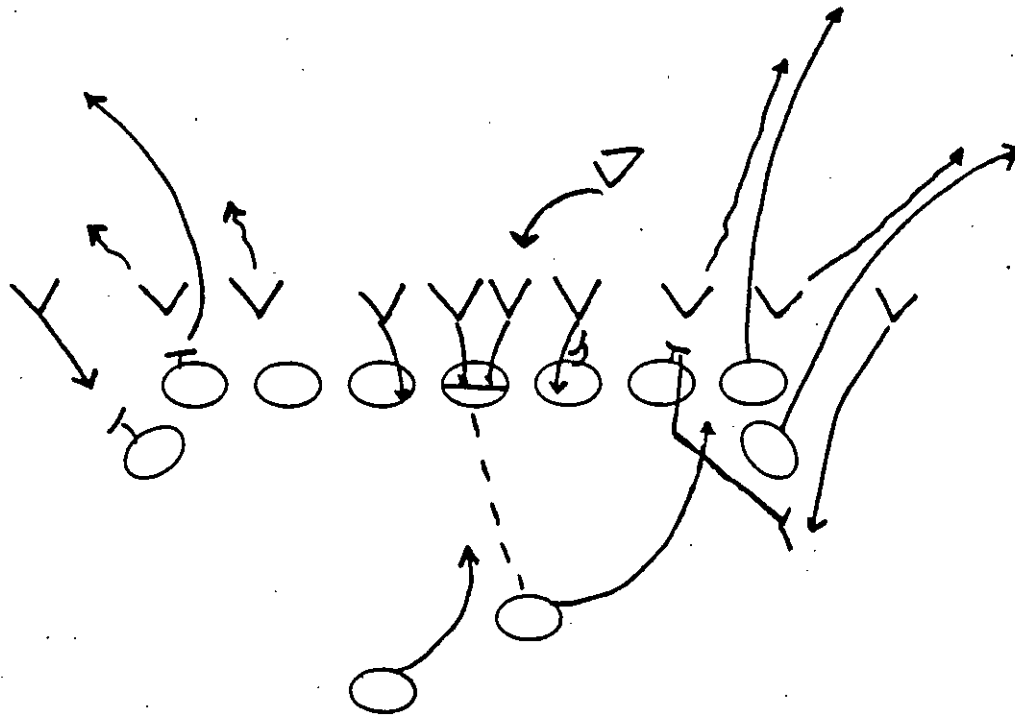
A) IF THE DEFENDERS COVER THE ELIGIBLES, RUN IT -

B) IF THEY DRIVE BACK TO DEFEND THE RUN, DUMP IT TO THE OPEN MAN.

END AWAY FROM FAKE - IF ONLY ONE MAN RUSHES, RELEASE TO OCCUPY INSIDE DEFENDER.

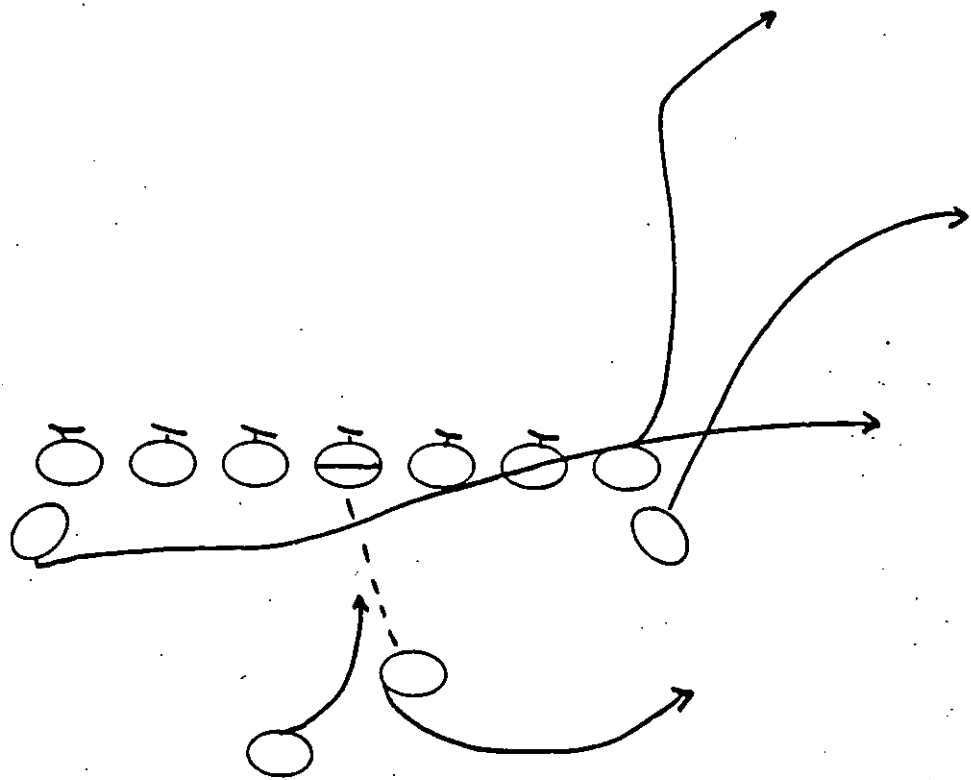
GUARD TO SIDE OF FAKE - HOOK MAN OVER YOU.

C.P. VS ANY LOOK WHERE THE GUARD IS ABLE TO HOOK HIS MAN AND THE TACKLE IS FREE TO KICK OUT ON CONTAIN - THIS IS EFFECTIVE. IT ALSO WOULD BE EFFECTIVE VS. A FRONT THAT DID NOT FEATURE A CONTAIN MAN - IN THIS INSTANCE, THE TACKLE WOULD HOOK HIS MAN.

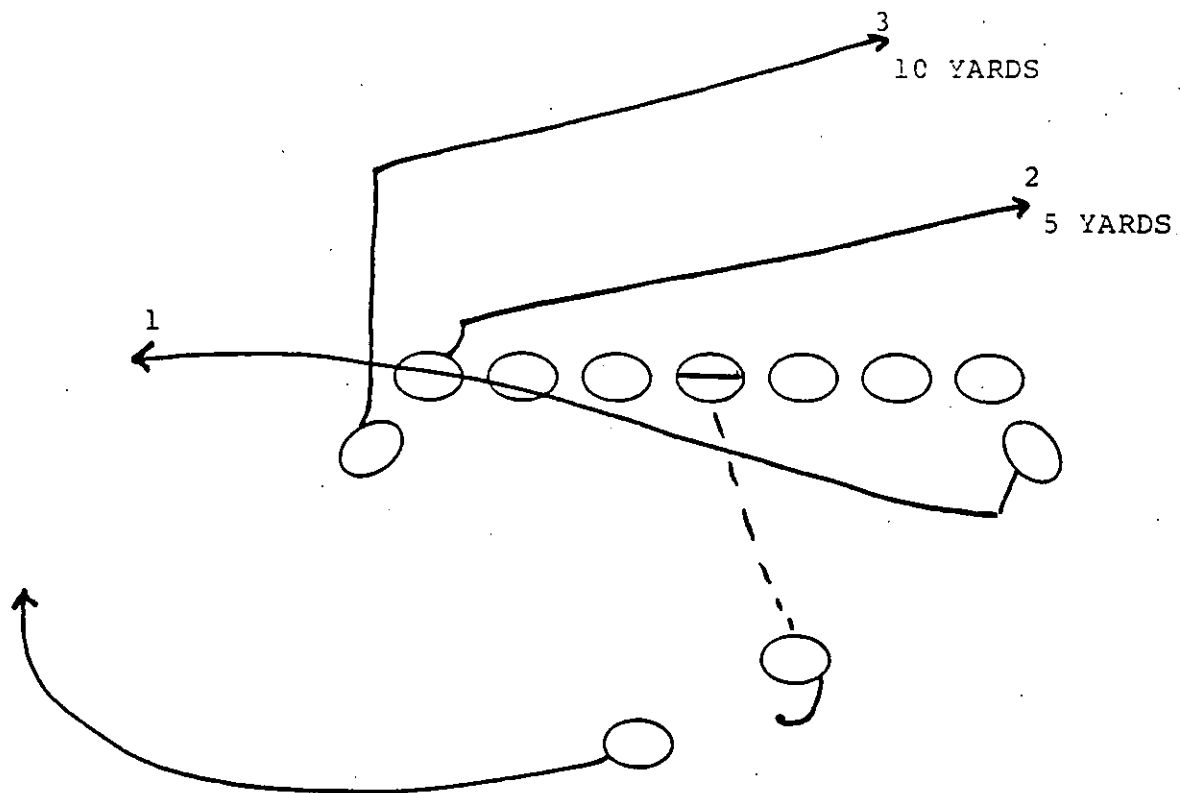


BEARS' FAKE FIELD GOAL

AN EFFECTIVE PATTERN VS. MAN COVERAGE WITH OFFSIDE FULLBACK.
DRIVING ACROSS BACKFIELD TO ONSIDE FLAT - WOULD TAKE AN
ALERT PLAY BY SOMEONE NOT INVOLVED IN THE COVERAGE TO DEFEND
VS. AN OFFSIDE RECEIVER.



VS. MIDDLE FIELD GOAL BLOCK
WITH VEPV LITTLE OUTSIDE PRESSURE



KICKER - SWING TO OCCUPY CONTAIN MAN
 LE - CROSSING ROUTE 6 YARDS
 LFB - DEEPER CROSSING ROUTE 12 YARDS
 RFB - CROSS BEHIND L.O.S. - RUN A DIAGONAL
 HOLDER - SET UP BEHIND CENTER -
 1ST CHECK RFB - DIAGONAL
 2ND TIGHT END CROSSING
 3RD LFB CROSSING

KICKER'S CHECK LIST

1. STRENGTH - USE NORMAL FLEXIBILITY PROGRAM - PRIOR TO KICKING.
A) ANY TYPE OF HIP FLEXIBILITY IS GOOD.
2. START WITH P.A.T.S - EIGHT WILL LOOSEN YOUR LEG.
3. FIELD GOALS -
MOVE FROM HASH TO HASH - KICK TWO FROM EACH HASH (FOR ACCURACY IT WOULD BE GOOD TO KICK FIELD GOALS FIVE YARDS OUTSIDE HASH MARKS)

WORK BACK FIVE YARDS AT A TIME UNTIL YOU REACH A POINT WHERE IT JUST OUT OF YOUR RANGE. FROM THIS POINT, ATTEMPT MORE FIELD GOALS. AS SOON AS YOU HIT ONE, MOVE BACK ONE YARD. THIS WILL HELP YOU STRENGTHEN YOUR LEG. (WHEN YOUR LEG BEGINS TO TIRE, STOP KICKING.)
4. ANGLE KICKING FROM THE BOUNDARY IS EXCELLENT FOR IMPROVING ACCURACY. STARTING FROM THE GOAL LINE AND WORKING BACK TO THE 20 YARD LINE AT 5 YARD INTERVALS. HITTING 2 OR 3 FROM EACH SPOT - THEN CHANGE SIDES OF THE FIELD.

DISTANCE INVOLVED FROM EACH POINT ARE AS FOLLOWS:

GOAL LINE - 28 YARDS
5 YARD LINE - 30 YARDS
10 YARD LINE - 33 YARDS
15 YARD LINE - 36 YARDS
20 YARD LINE - 40 YARDS
5. THE MOST BENEFICIAL TYPE PRACTICE WOULD BE WITH A SNAPPER AND A HOLDER TO WORK ON TIMING AND EXECUTION. THIS SHOULD BE EMPHASIZED THE MOST IN YOUR INDIVIDUAL PROGRAM.

KICKOFFS

1. WITH YOUR WORK ON P.A.T.S AND FIELD GOALS YOU SHOULD BE SUFFICIENTLY LOOSE.
2. KICK FIVE TO TEN STRAIGHT AWAY - WORKING ON POWER, HEIGHT AND DISTANCE. THE NUMBER YOU'LL KICK WILL BE DEPENDENT ON HOW WELL YOU ARE HITTING THEM. YOU CAN ALWAYS WORK TO IMPROVE THIS AREA.
3. NEXT, WORK ON PLACEMENT OF KICKOFFS - PLACING BALL BETWEEN NUMBERS AND BOUNDARY, WITH AS MUCH HEIGHT AND DISTANCE AS POSSIBLE.

A) MIDDLE TO RIGHT
MIDDLE TO LEFT

B) RIGHT TO RIGHT
RIGHT TO LEFT
LEFT TO LEFT
LEFT TO RIGHT.
4. REGULAR ONSIDE.
5. SQUIB - KICKOFF.
6. WORK ON DEEP ONSIDE - PLACING THE BALL NEXT TO THE BOUNDARY BETWEEN THE 30 AND 25 YARD LINES. C.P.- THE BALL SHOULD TAKE ONE HOP AND GO OUT OF BOUNDS. SIMILAR TO A SHORT FIELD GOAL MUST HAVE GOOD HEIGHT.

BASIC RULES PERTAINING TO FIELD GOAL AND P.A.T. BLOCKS

1. A FIELD GOAL ATTEMPTED OUTSIDE THE 20 YARD LINE AND MISSED - OUR BALL AT THE L.O.S.
2. A FIELD GOAL ATTEMPTED INSIDE THE 20 YARD LINE AND MISSED - OUR BALL ON THE 20 YARD LINE.
PROVIDED: RECEIVING TEAM DOES NOT TOUCH THE BALL IN THE FIELD OF PLAY ON OUR SIDE OF THE L.O.S.
3. A FIELD GOAL ATTEMPT PARTIALLY BLOCKED AND CROSSES THE LINE OF SCRIMMAGE - AUTOMATIC "HOT" CALL.
4. A FIELD GOAL BLOCKED THAT DOES NOT CROSS THE L.O.S. - CAN BE ADVANCED BY EITHER TEAM.
A) ALL RULES FOR BLOCKED FIELD GOALS WILL BE EXACTLY THE SAME AS BLOCKED PUNTS.
5. ON A P.A.T. TRY, THE BALL BECOMES DEAD AS SOON AS ITS FAILURE IS EVIDENT.
6. UNSPORTMANLIKE CONDUCT:
A) JUMPING ON OR STANDING ON A TEAMMATE TO BLOCK AN OPPONENT'S KICK OR ATTEMPTING TO DO SO.
B) PLACING A HAND OR HANDS ON A TEAMMATE TO GET LEVERAGE FOR ADDITIONAL HEIGHT IN THE ATTEMPT TO BLOCK A KICK.
C) BEING PICKED UP BY A TEAMMATE IN AN ATTEMPT TO BLOCK A KICK
PENALTY: LOSS OF 15 YARDS FROM THE SUCCEEDING SPOT.

COACHING POINTS - FIELD GOAL RUSH AND RETURN

1. EVERYONE IS RESPONSIBLE TO COUNT 11 MEN AND CHECK YOUR COUNTERPART.
2. NEVER BE OFFSIDES, AND KNOW YOUR TECHNIQUE.
3. ALL DEFENSIVE BACKS BE IN A GOOD STANCE, ALERT FOR RUN OR PASS. THIS IS AN INDICATION OF A GOOD FOOTBALL TEAM.
4. READ THE BALL, AND GET AS MUCH OF THE BALL AS POSSIBLE IN YOUR ALIGNMENT.
5. WE MUST GUARD AGAINST THE ROUTINE OF FIELD GOAL BLOCKS. WE MUST ANTICIPATE A BIG PLAY EVERY TIME WE ALIGN TO BLOCK A FIELD GOAL. THIS IS AN AREA IN WHICH MOST TEAMS IN THE N.F.L. CAN IMPROVE UPON.
6. BE ALERT TO A DIFFERENCE IN CADENCE, UNUSUAL STANCES, OR CHANGES IN PERSONNEL, IN POSSIBLE FAKE FIELD GOAL SITUATIONS. REACTION TO FAKE:
A) COVERAGE UNIT - LOCK ON MAN OR TAKE FORCE KEY FROM MAN.
B) CONTAIN MEN - CONTAIN THE FOOTBALL.
C) RUSH ELEMENT - WIDEN AND FIND THE FOOTBALL.
D) DON'T ALLOW THE BALL CARRIER TO REVERSE HIS DIRECTION AND SCRAMBLE.
7. FIELD GOAL & PAT BLOCK - IF WE HAVE BEEN SUCCESSFUL IN DRIVING MAN OFF L.O.S. ON A DOUBLE TEAM; ON THE NEXT SITUATION LET'S ANTICIPATE HIM FIRING OUT - ADJUST - ONE MAN PULL HIM, OTHER MAN ATTACK THE GAP.

8. WE WANT TO AVOID HANDLING A PARTIALLY BLOCKED OR POORLY KICKED FIELD GOAL THAT CROSSES THE L.O.S. "HOT"

EXCEPTIONS:

- A) AN OPPONENT ATTEMPTS A TIE BREAKER FIELD GOAL WITH TIME EXPIRED - RETURN IT FOR A TOUCHDOWN.
 - B) AT THE END OF HALF OR GAME AND WE ARE BEHIND AND A POORLY KICKED OR PARTIALLY BLOCKED KICK CROSSES THE L.O.S. FIELD SUCH A KICK AND GET OUT OF BOUNDS IN ORDER TO SAVE A FEW SECONDS.
9. VERSUS A BROKEN PLAY - A BAD SNAP - FUMBLED HOLD (FIRE CALL).
- A) REACT AS A FAKE FIELD GOAL AND EXECUTE YOUR TECHNIQUE.
10. FIELD GOAL PROTECTION IS BASED ON SEALING OFF THE INSIDE. BREAK PROTECTION DOWN BY:
- A) SHORTEN THE CORNER OF THE PROTECTION AND FREE THE OUTSIDE RUSHER TO LAY OUT.
 - B) OVERLOAD AN INSIDE AREA AND GAIN PENETRATION - GET HANDS UP.
 - C) A LEAPER IS ALSO EFFECTIVE WITH PENETRATION & PROPER TIMING.
11. BLOCKED FIELD GOALS OCCUR BECAUSE OF:
- A) POOR TIMING -
 - SNAPPER - DISRUPT HIS CONCENTRATION BY MOVEMENT AND/OR INTENSITY OF YOUR CHARGE.
 - HOLDER - DISRUPT HIS RHYTHM BY A CONSTANT LAY OUT BY AN OUTSIDE RUSHER.
 - KICKER - DISRUPT HIS RHYTHM BY A CONSTANT LAY OUT BY AN OUTSIDE RUSHER OR INSIDE PENETRATION.
 - B) POOR PROTECTION TECHNIQUE -
 - FILM STUDY AND PREVIOUS EXPERIENCE CREATE THE DISCOVERY OF POOR TECHNIQUES WHICH MAY BE VULNERABLE.
 - C) LOW RISING BALL -
 - EMPHASIZE MIDDLE RUSH
 - WORK VS. KICKER'S RHYTHM. C.P.- LEAPERS TAKE SAME NUMBER OF STEPS AS KICKER.
 - TIMING IT UP - REACH THE HIGHEST POINT POSSIBLE AND LAY OUT ACROSS THE L.O.S. (THIS REQUIRES A COURAGEOUS PERFORMER.)

BLOCK TECHNIQUES:

OUTSIDE RUSHERS: DRIVE THROUGH THE OUTSIDE HIP OF THE BLOCKER, ANTICIPATING THAT HE WILL BE SEALING TO THE INSIDE. KNOW AND ADJUST TO THE BLOCKING POINT. ALIGN WITH ENOUGH WIDTH TO TAKE A PATH OVER BLOCKER'S OUTSIDE LEG.

C.P.: THE WIDER YOU ALIGN THE FLATTER YOU MUST COME TO THE BLOCKING POINT. LAY OUT THROUGH THE BLOCKING POINT, CONTINUING TO RUN AS LONG AS POSSIBLE. IF YOU LAY OUT TOO SOON, YOU'LL LOSE SPEED. GENERALLY IT'S A MATTER OF TAKING ONE MORE STEP.

INSIDE RUSHERS: TIME IT UP ON KICKER'S RHYTHM. DRIVE FOR IT AS IN BLOCKING A PUNT. LAY OUT AT A 45° ANGLE. REGARDLESS OF PENETRATION YOU MUST ATTEMPT TO BLOCK IT.

C.P.: DOWN LINEMEN, IF PENETRATION IS GAINED, GET YOUR HANDS UP.
138 YOU COULD VERY EASILY BLOCK A KICK.

ESSENTIALS OF A GOOD FIELD GOAL BLOCK

1. AN OUTSIDE RUSH.
2. TWO CONTAIN MEN, ALERT TO RECOVER BLOCKED KICKS.
3. INSIDE PRESSURE. HANDS UP.
4. A MIDDLE AREA BLOCK
5. DEFEND ALL ELIGIBLES - SOUND VS. BOTH RUN OR PASS.
6. SIMPLICITY - IN BEING ABLE TO ACHIEVE ALL OF THE ABOVE.

FIELD GOAL BLOCKS

WE WILL EMPLOY 3 DIFFERENT TYPES OF FIELD GOAL BLOCKS.

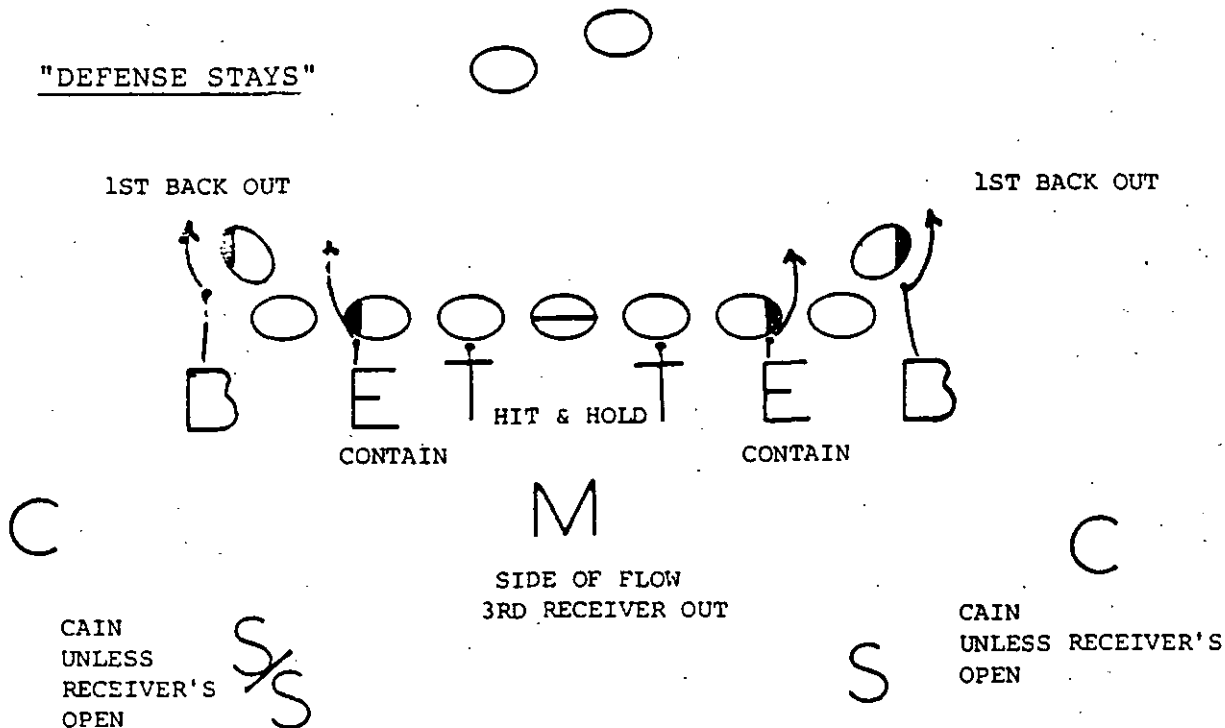
1. AN OUTSIDE BLOCK
2. A MIDDLE BLOCK (LEAPER)
3. A COMBO BLOCK.

VS. P.A.T.s

WE WANT THE DETROIT LION TRADEMARK ON PAT BLOCKS TO BE A COMPLETE SELL OUT BY ALL 11 MEN. ALL 11 MEN SHOWING THEIR BEST EFFORT TO BLOCK THE ATTEMPT. WE MADE GREAT PROGRESS IN THIS AREA IN 1981 - LET'S BUILD ON IT.

IMPORTANT NOTE: IN A SITUATION WHERE WE ARE CONCERNED PERTAINING A FAKE, THE CALL WILL BE "DEFENSE STAYS" AND WE WILL DEFEND VS. RUN OR PASS.

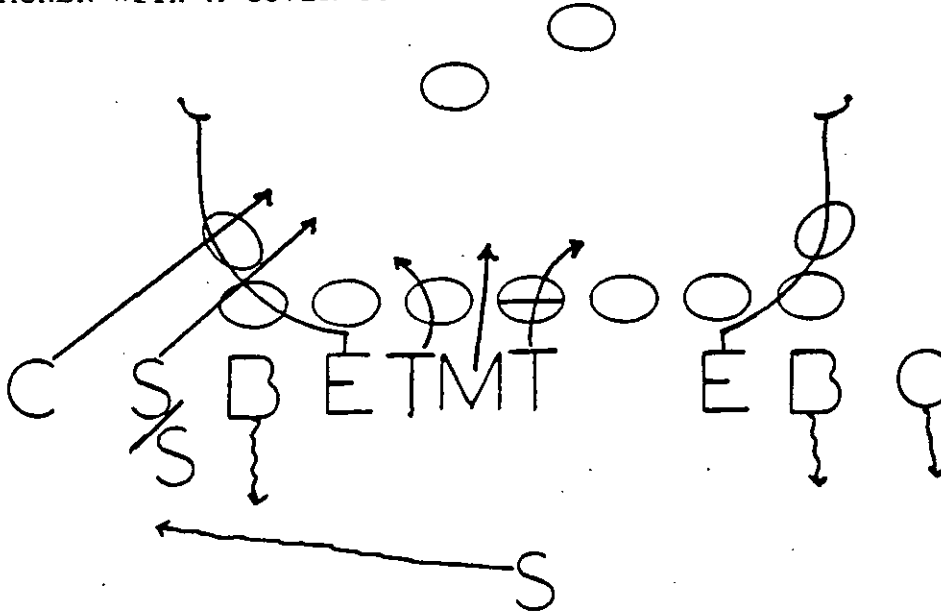
"DEFENSE STAYS"



FIELD GOAL BLOCKS

COMBO LEFT SLIDE LEFT (PULL TECHNIQUE)

COMBO REFERRING THAT IT IS AN INSIDE BLOCK AND OUTSIDE BLOCK EXECUTED AS ONE SCHEME. COMBO LEFT (RIGHT) IS SIGNIFICANT IN THAT IT INDICATES THE SIDE OF THE OUTSIDE RUSH. SLIDE LEFT (RIGHT) IS SIGNIFICANT AS IT DIRECTS THE POINT OF ATTACK OF OUR THREE INSIDE RUSHERS. OUR ENDS WILL CONTAIN. WE WILL ALSO INCORPORATE A BLOCK CORNER AND LINEBACKER WITH A COVER CORNER AND LINEBACKER.



BLOCK CORNER: DRIVE OFF THE OUTSIDE HIP OF THE FULLBACK. ALIGN WITH ENOUGH WIDTH TO TAKE A PATH OVER FULLBACK'S OUTSIDE LEG. THE WIDER YOU ALIGN, THE FLATTER YOU MUST COME TO THE BLOCKING POINT, (1 YARD IN FRONT OF THE BALL). LAY OUT THROUGH THE BLOCKING POINT. CONTINUE TO RUN AS LONG AS POSSIBLE BEFORE LAYING OUT. IF YOU LAY OUT TOO SOON, YOU'LL LOSE SPEED.

STRONG SAFETY: ALIGN ON FULLBACK. DRIVE THROUGH FULLBACK - END GAP. FORCE FULLBACK TO BLOCK DOWN ON YOU, IF NOT, YOU SHOULD COME FREE. DRIVE TO THE BLOCK POINT.

BLOCK LINEBACKER: ALIGN HEAD UP ON END. LOCK ON INSIDE RECEIVER IN MAN COVERAGE. STOP AND ENGAGE END FIRST.

ENDS: ALIGN ON TACKLES. DRAW HIS BLOCK. CONTAIN AND SCOOP TO YOUR SIDE.

TACKLES AND MIKE: THE DIRECTIONAL CALL OF SLIDE LEFT OR RIGHT WILL INDICATE YOUR ALIGNMENT. CALL SIDE ALIGN ON THE GUARD. TACKLE AWAY FROM THE CALL ALIGN ON CENTER. MIKE ALIGN IN CENTER, GUARD GAP TO SIDE OF CALL.

NOTE: YOU'LL HAVE THE OPTIONS OF TWO TECHNIQUES.

A) "PULL TECHNIQUE" - TACKLES PULL THE GUARD AND CENTER TO THE OUTSIDE.

C.P.- YOU MUCH CONTINUE ON TOWARD THE FOOTBALL ALLOWING AN AREA FOR MIKE TO GAIN PENETRATION DRIVING FOR THE BLOCK POINT.

COMBO LEFT - SLIDE LEFT (Cont.)

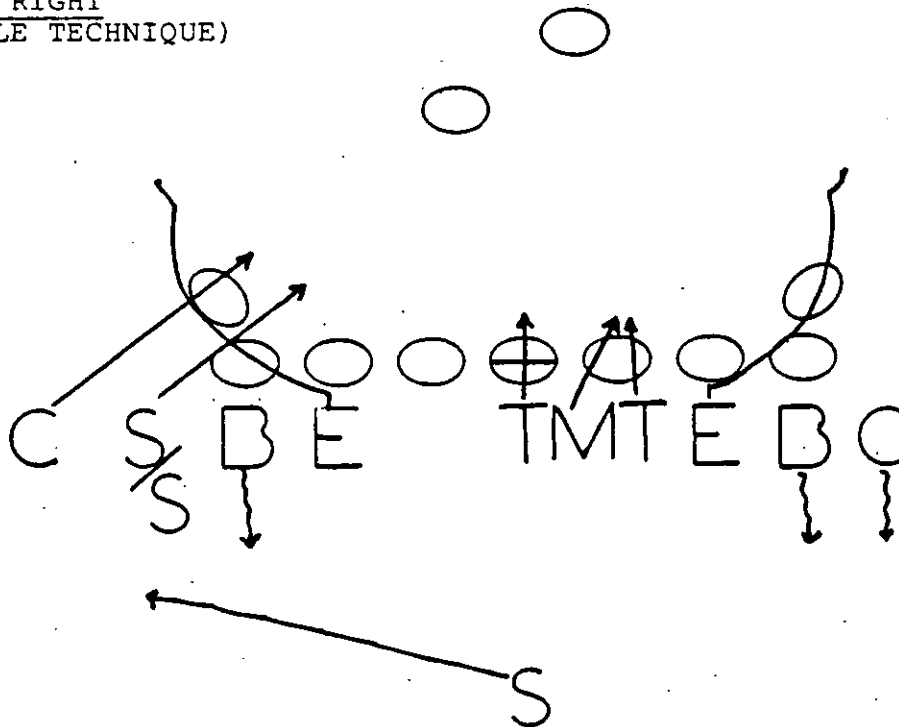
TACKLES AND MIKE (Cont.)

- B) "DOUBLE" TECHNIQUE" - TACKLE TO SIDE OF CALL AND MIKE DOUBLE TEAM THE GUARD AND DRIVE HIM INTO THE BACKFIELD. CONTINUE TO MOVE YOUR FEET UNTIL PENETRATION HAS BEEN STOPPED - AT THIS POINT GET YOUR HANDS UP TO BLOCK THE KICK. (C.P.- GENERALLY THE INSIDE MAN WILL COME FREE ON A DOUBLE TEAM ON THE GUARD.) TACKLE AWAY FROM CALL UNLOAD ON CENTER. DRIVE HIM INTO THE BACKFIELD WHEN PENETRATION IS STOPPED, GET YOUR HANDS UP TO BLOCK THE KICK.

COVER CORNER AND LINEBACKER: LOCK ON TIGHT END AND FULLBACK. READ RUN AND PASS KEYS, BE PREPARED TO SUPPORT ON RUN. ALWAYS ALERT FOR A FAKE.

SAFETY: ALIGN HEAD UP ON THE FOOTBALL. MOVE LATE. LOCK ON OUTSIDE RECEIVER TO THE SIDE OF THE CALL. DEFEND ALL FAKES.

COMBO LEFT
SLIDE RIGHT
(DOUBLE TECHNIQUE)

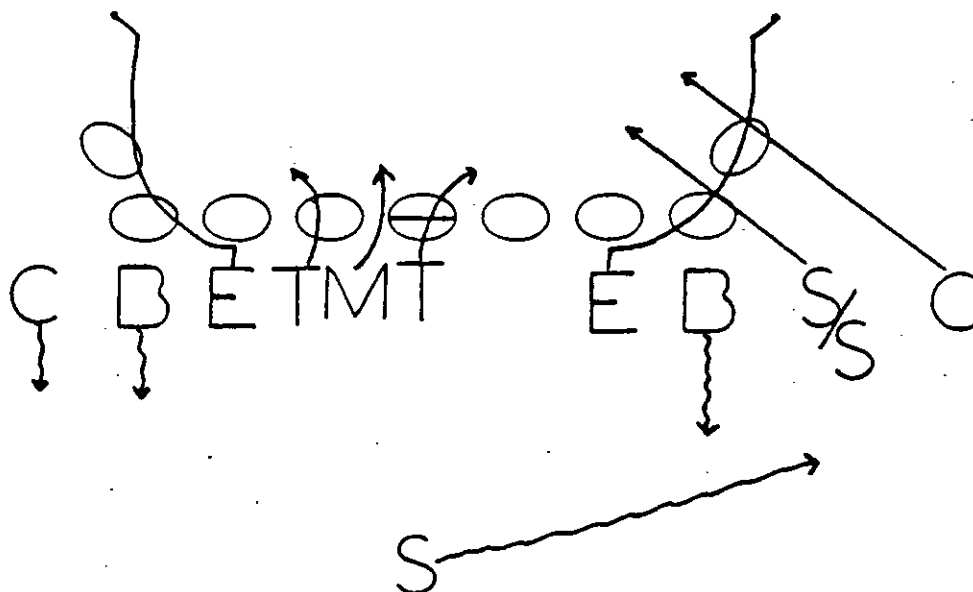


"COMBO LEFT" - OUTSIDE RUSH REMAINS ON THE LEFT SIDE.

"SLIDE RIGHT" - THE INSIDE RUSH (TACKLES AND MIKE) IS NOW OUR RIGHT SIDE. A "DOUBLE TEAM" TECHNIQUE IS ILLUSTRATED.

ALL OTHER ASSIGNMENTS REMAIN THE SAME.

COMBO RIGHT
 SLIDE LEFT
 (PULL TECHNIQUE)



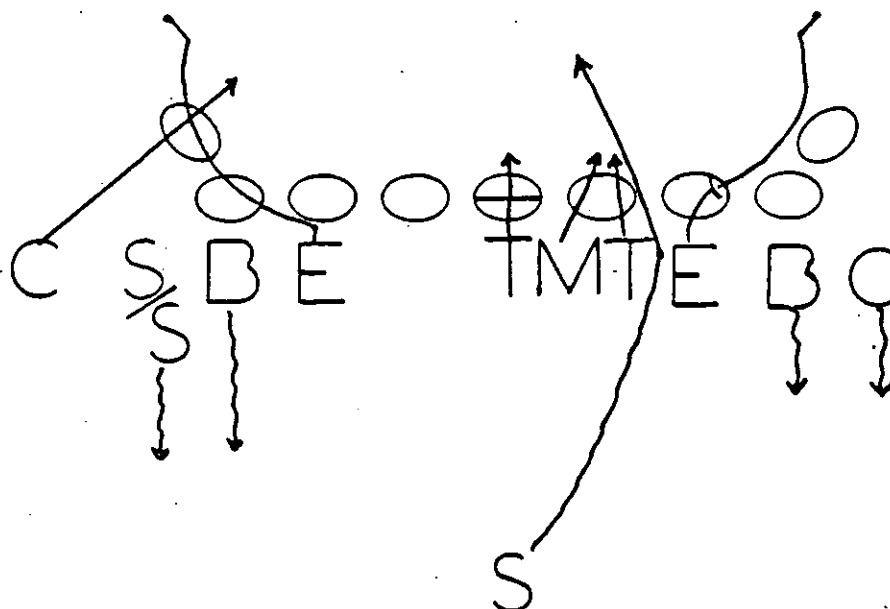
"COMBO RIGHT" - THE OUTSIDE RUSH IS NOW ON THE RIGHT SIDE (BLOCK CORNER, S/S, AND BLOCK LINEBACKER ALIGN TO THE RIGHT).

C.P. - COVER LINEBACKER AND CORNER ALIGN AWAY FROM THE CALL.

"SLIDE LEFT" - THE INSIDE RUSH (TACKLES AND MIKE) IS NOW ON OUR LEFT SIDE. A "PULL TECHNIQUE" IS ILLUSTRATED.

ALL OTHER ASSIGNMENTS REMAIN THE SAME.

COMBO LEFT
SLIDE RIGHT
SAFETY BLITZ



"COMBO LEFT" - INDICATES THE OUTSIDE RUSH IS FROM THE LEFT SIDE. HOWEVER, WHEN USED WITH A SAFETY BLITZ, ONLY THE BLOCK CORNER WILL ATTACK THE BLOCK POINT. THE S/S AND BLOCK LINEBACKER DEFEND THE ELIGIBLES.

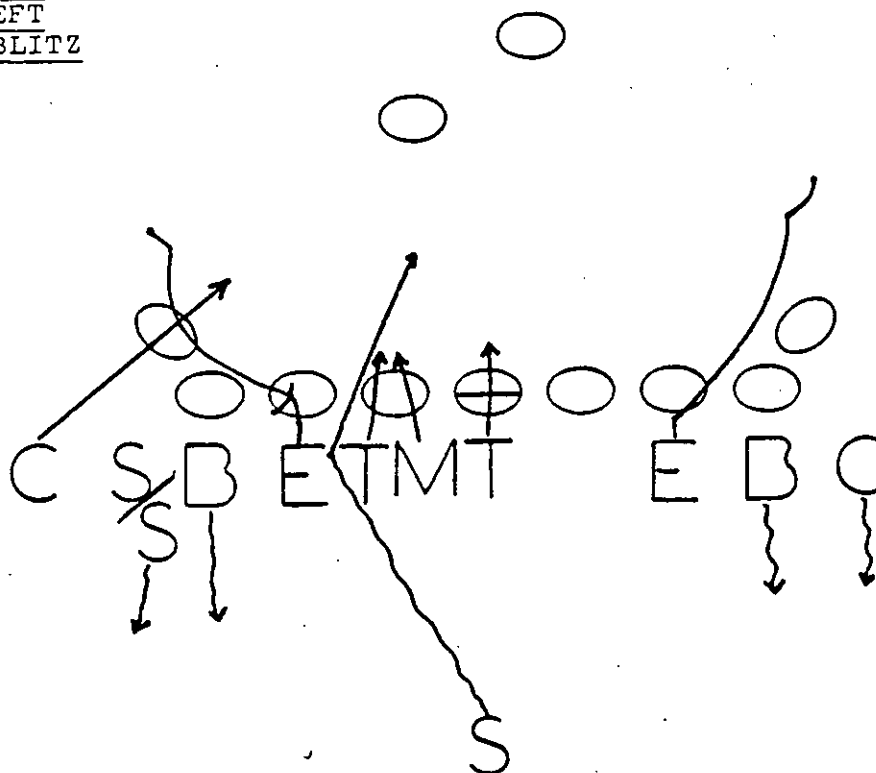
A "SLIDE RIGHT" CALL INDICATES THE POINT OF ATTACK FOR OUR INSIDE RUSH AND SAFETY BLITZ. C.P.- WITH A SAFETY BLITZ, THE INSIDE RUSH WILL AUTOMATICALLY USE A DOUBLE TEAM TECHNIQUE ON THE GUARD.

THE ENDS WILL CONTAIN. HOWEVER, THE END TO THE SIDE OF THE CALL MUST PULL THE TACKLE OUTSIDE FIRST TO HELP CREATE A VOID FOR THE BLITZING SAFETY.

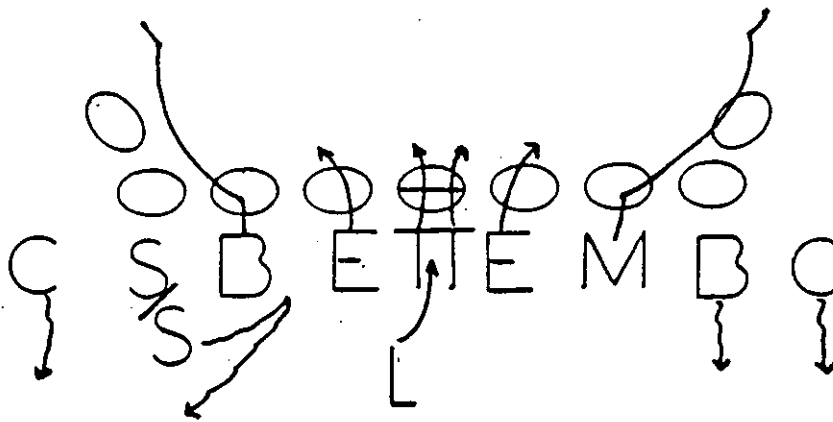
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MIDDLE BLOCK (ONE LEAPER)



TACKLES AND ENDS: TACKLES ALIGN ON EYE OF THE CENTER. ENDS ALIGN ON THE WIDE EYE OF THE GUARDS. THE FOUR INSIDE MEN MUST GET OFF ON THE SNAP WITH A SURGE THAT WILL ENABLE US TO CREATE A NEW L.O.S. DRIVE OFF LOW AND HARD, CONTINUE TO MOVE YOUR FEET UNTIL PENETRATION HAS BEEN STOPPED. AT THAT POINT, GET YOUR HANDS UP TO BLOCK THE KICK. YOU MUST KEEP YOUR MAN OFF THE LEAPER.

BLOCK LINEBACKERS AND MIKE: ALIGN HEAD UP ON THE TACKLES. YOUR FIRST RESPONSIBILITY IS TO KEEP THE TACKLES OFF THE LEAPER. DO NOT PERMIT HIM TO DRIVE INSIDE AND CUT THE LEAPER. NEXT, CONTAIN AND SCOOP TO YOUR SIDE.

CORNERS: LOCK ON WIDEST RECEIVER. BE ALERT FOR FAKES. KEY YOUR MAN FOR RUN OR PASS.

COVER LINEBACKER AND STRONG SAFETY: LOCK ON THE INSIDE RECEIVERS. BE ALERT FOR FAKES. KEY YOUR MAN FOR RUN OR PASS.

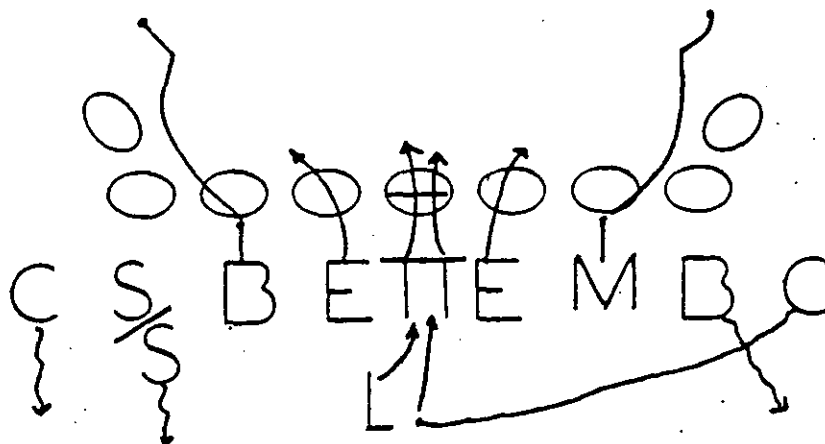
LEAPER: TIME IT UP ON THE KICKER'S RHYTHM. TAKE AS MANY STEPS AS THE KICKER. DRIVE TO THE BLOCK POINT AS IF BLOCKING A PUNT. LAY OUT AT 45° ANGLE CONCENTRATING ON THE FOOTBALL. WITH A GOOD SURGE BY THE FRONT, YOU WILL HAVE ROOM TO EXECUTE. THIS REQUIRED A COURAGEOUS PERFORMER.

WITH ONE LEAPER WE ARE ABLE TO COVER ALL THE ELIGIBLES, PLUS IT GIVES US A 4 ON 3 SITUATION INSIDE WITH THE INTENT OF CREATING A NEW L.O.S.

MIDDLE BLOCK WITH TWO LEAPERS

THERE WILL BE OCCASIONS WHEN THE SITUATION WILL DICTATE THAT WE MUST USE TWO LEAPERS. IN THIS CASE WE WILL NOT BE ABLE TO DEFEND ALL THE ELIGIBLES. ALL RESPONSIBILITIES WILL REMAIN THE SAME. HOWEVER, ONE OF OUR CORNERS WILL BE CALLED IN TO THE BLOCK BY MOVING INSIDE AND EXECUTING A LEAPER TECHNIQUE.

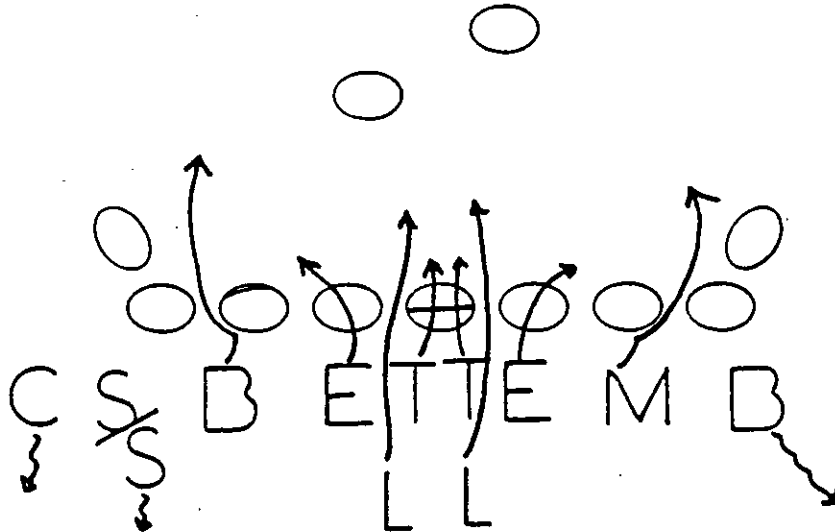
C.P. - WHEN THE BALL IS ON THE HASH MARK, OUR LEAPERS MUST ADJUST ACCORDINGLY.



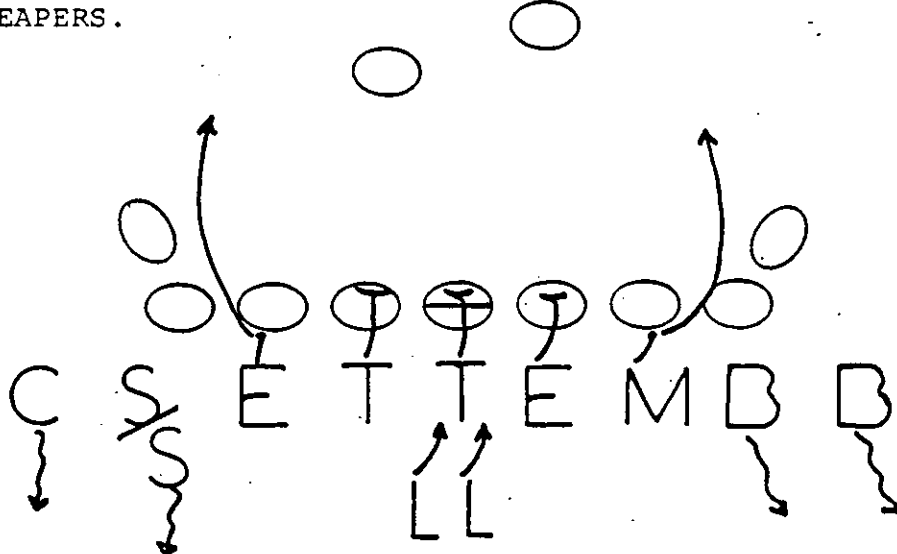
C.P. LINEBACKER WITH CORNER GONE DEFEND AREA.

AN EXCELLENT VARIATION OFF OUR MIDDLE BLOCK WITH TWO LEAPERS - WOULD BE TO ALIGN AS IN THE MIDDLE BLOCK, ONLY THE ENDS WOULD PULL THE GUARDS OUTSIDE AND THE TACKLES WOULD DRIVE CENTER OFF THE L.O.S. PERMITTING THE TWO DEEP MEN TO RUN THROUGH THE CREATED LANE RATHER THAN USE LEAPER TECHNIQUES.

ALL OTHER ASSIGNMENTS REMAIN THE SAME.



THERE IS ALSO A POSSIBILITY OF USING 2 LEAPERS AND DEFENDING ALL ELIGIBLES BY DRIVING THE CENTER OFF THE L.O.S. WITH A SINGLE MAN RATHER THAN A DOUBLE TEAM. IF EMPLOYING THIS TECHNIQUE, WE MUST BE VERY CONSCIOUS OF AN OFFENSIVE L/M SLIPPING OFF AND CUTTING ONE OF OUR LEAPERS.



LE - ALIGN ON TACKLE - DRIVE HIM OFF L.O.S.

LT - ALIGN ON GUARD - DRIVE HIM OFF L.O.S.

RT - ALIGN ON CENTER - DRIVE HIM OFF L.O.S.

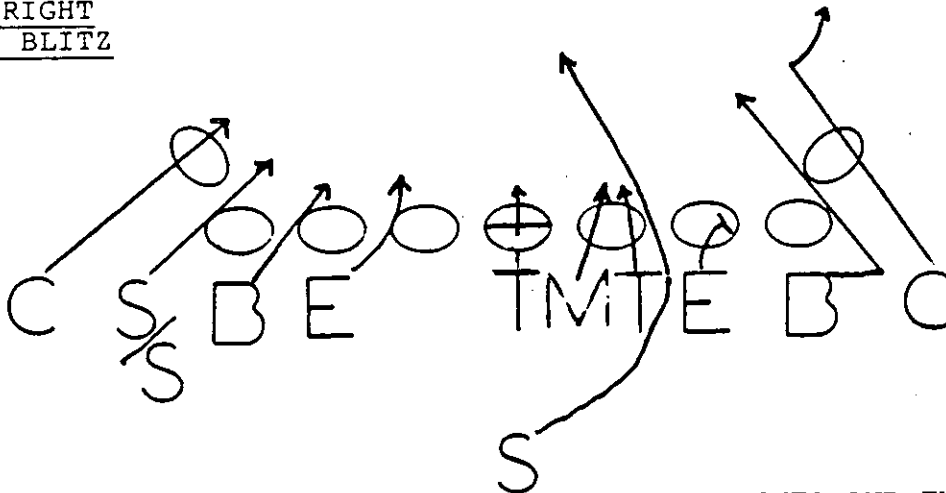
BLOCK LINEBACKER - ALIGN ON RIGHT SIDE AND COVER OUTSIDE RECEIVER.

C.P. - ALL OTHER ASSIGNMENTS REMAIN THE SAME.

PAT BLOCKS

WE WILL BE ABLE TO USE A COMBINATION OF OUR FIELD GOAL BLOCKS IN OUR PAT BLOCKING SCHEMES. HOWEVER, NOW WE ARE ABLE TO COMMIT 11 MEN.

COMBC LEFT
SLIDE RIGHT
SAFETY BLITZ

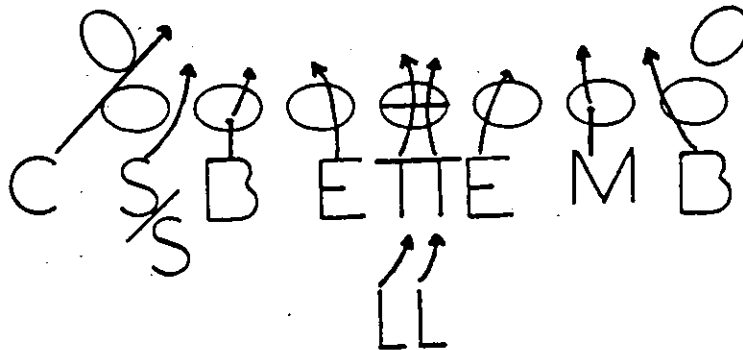


IN THE OUTSIDE RUSH SEGMENT - THE BLOCK LINEBACKER AND END WILL ALSO ATTACK THE INSIDE GAP AND DRIVE TO THE BLOCK POINT.

THE INSIDE RUSH SCHEME WILL EXECUTE THE TECHNIQUES OF A "SAFETY BLITZ".

THE COVER LINEBACKER AND CORNER CHECK FOR MISHANDLED SNAPS. ("FIRE CALL") OR BLOCKED KICKS.

MIDDLE PAT BLOCK



THE INSIDE SCHEME WILL REMAIN THE SAME. HOWEVER THE REMAINDER OF THE UNIT WILL ATTACK THE INSIDE GAP AND IF THEY COME FREE, DRIVE TO THE BLOCK POINT.